

# OUR 114TH YEAR ANDOVER TOWNSMAN

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75 CENTS



PHOTO BY TIM JEAN

James Curtis goes with the flow, collecting sap to make maple syrup.

## Sweet science

Neighbors stick with MIT engineer James Curtis and his maple syrup work

By Ben Hellman

James Curtis rushes excitedly home from work to join his friend and Chester Street neighbor Richard Deveau. The two men plan to stand around an outdoor furnace and watch tree sap boil. It's maple-syrup season and, clearly, the two men are stuck on the process.

In fact, one might say Curtis, of 24 Chester St., has brought a sugar high — and a passion for the old, New England tradition — to his entire Ballardvale neighborhood.

Curtis has tapped 20 trees around Ballardvale and collected nearly 300 gallons of sap during

his first five days in the syrup business. An engineer by trade, Curtis has built a stove using donated cinder blocks and bricks. The door to his stove is the metal shell of an old air-conditioning unit and a 35-gallon basin full of sap sits atop the fire, the sap slowly boiling down. Children and neighbors flock to Curtis' backyard to watch the boiling process, which refines the sap and turns it into maple syrup.

"Jim is a great guy," says Jan Holden of 14 Chester St, who heard of Curtis' syrup plans at a neighborhood Christmas party. "He's taken the initiative and

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**"I do have a job, I have to keep reminding myself."**

**JAMES CURTIS, ON HOW PASSIONATE HE'S BECOME ABOUT SYRUP MAKING**

## Extra for extracurricular?

Schools: We'll charge fees for after-school activities

By Rebecca Piro

School kids who want to play will have to pay.

Starting next year, students will have to pay fees for music lessons or extracurricular activities, such as after-school clubs, due to budget cuts, say school officials.

It's a little confusing for kids like fourth-grader Holly Currier, who's learning to play the clarinet. She's not sure what a budget crunch means, or how much her lessons might cost. But she does worry.

"If (the fees are) really high, I might have to quit," she says.

The fees are meant to supplement the 2003 school budget of \$47.7 million, which includes a Proposition 2½ override of \$1.13 million. The requested budget is a 12.1 percent increase over last year's requested budget, and a 9.3 percent increase over the amount the schools actually expect to spend. But even if voters approve the override, school officials say it won't be enough to maintain services.

"The budget reflects, make no doubt about it, a step back in services for children," says Claudia Bach, superintendent of schools.

She says the schools' preliminary budget cuts 12 existing positions; subtracts \$50,000 from school sports; and forces families to either drop or pay fees for extracurricular activities and music lessons.

The fact that school officials have chosen to lean on the music department in particular is a bitter pill for Allan Minkinen, instrumental music teacher of 33 years.

"It makes me feel like we're at the bottom of the barrel," he says.

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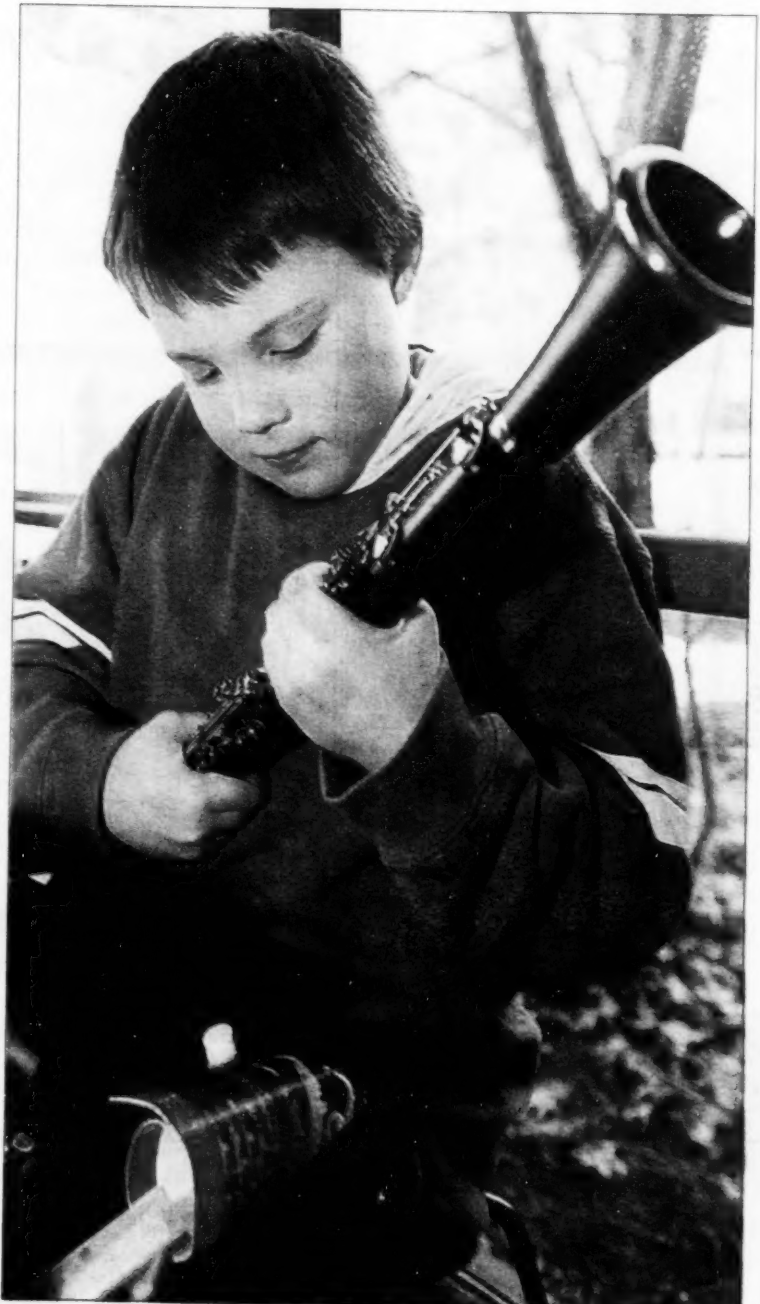


PHOTO BY TIM JEAN

Bancroft student John Perrone puts together his clarinet before a practice at the school. School officials say there will be fees for lessons next year.

### INSIDE THIS WEEK

#### EDUCATION

- New schools are named.
- Budget debates continue.

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Site seeing — Shawsheen building taken for taxes could be next senior center.

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SUNDAY

OVERRIDES



Taking a hard look at the numbers and how they affect taxpayers

in The Eagle-Tribune

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## Web question

### Would you favor 16 Haverhill St. as a senior-center location?

Last week's *Townsmen* Web-site question was: Selectman Brian Major wants to conduct an audit of the town's special-education spending and services to find out why the costs jumped 23 percent last year. Do you think an audit is necessary?

Out of 41 votes:

► 4 people, or 10 percent, said, "No. The school department is on top of the issue and is spending every dollar appropriately."

► 5 people, or 12 percent, said, "No. Costs are extremely high, but we are obligated to pay for the education of disabled students."

► 20 people, or 49 percent, said, "Yes. I understand that special-education funding is not optional, but I want to know exactly how the town is spending my tax dollar."

► 12 people, or 29 percent said, "Yes. That type of spending

increase is outrageous."

**This week's Web question is:** The Senior Center Task Force may recommend 16 Haverhill St., a building the town might foreclose upon and which currently houses BrookRidge Community Church and Perpetual Motion, as one potential site for a new facility. Would you support that?

• Yes. The building's location in Shawsheen Square is prime.

• Yes. I would like to see a senior center there for other reasons.

• No. Renovating an old building is usually more costly and more problematic than building new.

• No. I do not want a senior center at 16 Haverhill St. for other reasons.

To vote, surf to: <www.andovertownsmen.com>.

## ANDOVER TOWNSMAN

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### Copy Deadlines

Advertising copy must be in the Townsman office by Monday at 5 p.m.

Camera-ready advertising copy is due by Tuesday at noon.

No cancellations honored after these deadlines.



## IN BRIEF

### Andover housing forum

What is Andover's housing agenda in the 21st Century? Residents are invited to find out at a forum that "explores this question and presents opportunities to affect future affordable housing initiatives in Andover," according to organizers.

The forum is Sunday, March 3, from 12:15 to 1:30 p.m. at Unitarian Universalist Congregation, 6 Locke St., Andover. For information call 978-475-4454.

Speakers will include Larry Morse of the Andover Housing Partnership; Susan Stott of Andover Community Trust; Peggy Keck, proponent of the Community Preservation Act, and Selectman John Hess.

Those who will require babysitting should RSVP to Judy Terotola at 978-475-4152.

### Writers weave Web tale

The next meeting of the Andovers Writers' Group will be held tonight, Thursday, Feb. 28 at Andover's Memorial Hall Library in the Memorial Hall Room on the upper level.

"How to Create a Web Site - A Presentation for Writers and Other Artists" will be presented from 7:30 to 9 p.m. by Cathy Hinsdale and George Whisstock, owners of BmarkWeb.com, an Andover Web-design business.

This meeting is free and open to all writers and other interested individuals. For information call Leo Griffin, 978-470-1186.

### Finegold office hours

State Rep. Barry R. Finegold and staff will be holding office hours today, Thursday, Feb. 28 in Andover at the Andover Senior Center from 9 to 10 a.m., and at Starbuck's on Main Street from 7 to 8 p.m.

### Town votes March 26

## Last week to register for town election

The annual town election will take place on Tuesday, March 26. All precincts will be voting at the Andover High School Field House on Shawsheen Road from 7 a.m. to 8 p.m. The entrance to the polling place is in back of the field house. Parking will be available for voters in the parking lot behind the field house.

The last day to register to vote for new registrants for both the town election and Town Meeting is Wednesday, March 6. The town clerk's office at 36 Bartlet St. will be open for voter registration until

8 p.m. Mail-in voter registration forms are available at the Town Offices, library and post offices and must be postmarked no later than March 6 to be valid for voting at the town election and Town Meeting.

Elected offices on the ballot are the following: moderator, one position for one year; selectman, one position for three years; and School Committee, one position for three years. There are two candidates for School Committee.

Questions? Contact the town clerk's office at 978-623-8200.

## Coffee with town candidates Saturday

The League of Women Voters Andover/North Andover is holding a candidates coffee and a forum to help Andover voters become more familiar with individuals running for office in the March 26 election. Both public events are free.

The candidates coffee will be held on Saturday, March 2, from 9 a.m. to noon at Banknorth (formerly Andover Bank). This event will provide an informal opportunity to meet both candidates for

School Committee, Margaret (Peggy) N. Kruse and Christopher G. Smith; the candidate for selectman, Mary Lyman; and the candidate for moderator, James D. Doherty.

A candidates forum will be held on Tuesday, March 19 at 7 p.m. at Memorial Hall Library. All candidates for each position are expected to participate, and the audience will be able to ask questions. The forum will be televised live on cable channel 8.

## Summer job prospect: Free lifeguard training

The Merrimack Valley YMCA and the Executive Office of Environmental Affairs (EOEA) are offering a no-cost lifeguard course for state-park lifeguards. Starting pay for those who complete the course and are hired by the EOEA is \$420 per week. The Lawrence YMCA branch will be offering American Red Cross lifeguarding courses in March and May. These courses cover the skills necessary to act in an aquatic emergency.

Participants must be at least 16 and able to swim 500 yards non-stop, front crawl and breaststroke. They must bring a notebook, pen, swimsuit, cap and towel to the first session. Textbooks are included. This biweekly lifeguarding course begins on Monday, March 4, and runs for eight weeks.

Contact Lawrence Branch YMCA Aquatics Director Terri A. Nelson at 978-686-6191 to preregister, or for further information.

## Quote, unquote . . .

**WE ARE GOING TO OVERSPEND** again. That's our history."

- Selectman Brian Major, explaining why he wants the schools to increase the amount of money they are budgeting for special-education spending. (Story, page 19)

**I DIDN'T WANT TO HANG UP** the phone. That's how desperate I was.

- Sheila Graham, president of the *Mother Connection*, explaining how joining the group can be a "life saver" for a new mom. (Story, page 22)

## News Calendar

### Thursday, Feb. 28

Senior Center Task Force, Senior Center, 7 p.m.

Committee on Disabilities, Memorial Hall Library, 7 p.m.

Cemetery Trustees, Town Offices, first floor, 7:15 p.m.

Conservation Commission, Town Offices, second floor, 7:45 p.m.

### Friday, March 1

Candidate's Forum, open to those seeking moderator, selectmen and school committee seats in upcoming town election and to the public, Andover Senior Center, 9:30 a.m.

### Monday, March 4

Selectmen, budget Town Offices, third floor, 7:30 p.m.

Council on Aging, Senior Center, 8 a.m.

### Tuesday, March 5

Board of Assessors, Town Offices, Assessor's conference room, 9 a.m.

Vision 21 Committee, Town Offices, second floor, 7:30 p.m.

Main Street Committee's lighting subcommittee, Town Offices, first floor, 7 p.m.

### Wednesday, March 6

Finance Committee, Selectmen, budget review, Town Offices, third floor, 7 p.m.

### Thursday, March 7

Town Government Review Committee, Town Offices, second floor, 7:30 p.m.

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# Tax taking to make senior center?

By Rebecca Piro

Andover's senior center could find a home at No. 16 Haverhill St. — a property the town is about to foreclose upon for back taxes.

It's one of three sites that the Senior Center Task Force will likely present as options for a new facility, says Selectman Mary Lyman, liaison to the task force. The task force's co-chairs, Marlies Zammuto and Rob Schreiber, were not available Tuesday.

"People are saying, 'I don't care how you do it, but we really need to have an expanded senior center,'" says Lyman. "They are more than ready for this."

The task force, commissioned in December, has until March 31 to submit its recommendations to the town manager. The group will present its findings to the selectmen at a meeting on April 1.

Two other sites on the table are the familiar west Andover, next to the youth center site, and the center's current location — with an expansion into second or third floors — the school administration building. Both locations were talked about in prior years and dismissed in favor of Phillips Academy's Will Hall. That project ended last summer after a private group failed to raise the needed \$5.2 million to renovate the building,

which the town planned to lease for 30 years.

The task force set out to establish a new plan, by reviewing all their old options and finding some new ones.

No. 16 Haverhill St. is new to the list. The owner, Partners of the Shawsheen Village Commerce Center, owe the town close to \$1 million in taxes on properties at No. 16 and 7 Haverhill St. and 10 Tantallon Road, says David Reilly, tax collector. If the owners don't produce the money by April 9, the town will become the owner and landlord of the properties.

No. 16 Haverhill currently houses Brookridge Community Church, Perpetual Motion and other businesses. Lyman says she isn't sure whether the town would continue renting to them.

The task force is divided into two subcommittees — one for finance options and one for site selection, says Lyman. Whether they should consider private money, public money or a combination of both to pay for a new center is still being developed, she adds. Members are looking at



PHOTO BY TIM JEAN

**Senior-center proponents are eying 16 Haverhill St., which could become town property.**

grant options and meeting with state and federal legislators. They want to present options to fund an approximately 25,000 square foot building.

"Our goal is to present a few possibilities... so that if (the town) hits a wall in one spot, it will realize there is more than one option," Lyman says.

Several of the former sites the task force revisited were no longer available, says member Cliff Lawrence. Others had environmental concerns or location problems. He says he's pleased with the progress the task force is making. "The enthusiasm for finding a place for the senior center is absolutely terrific," he says.

"Their report will be worth the time it takes to be read," says Dorothy Bresnahan, task force liaison for the Council on Aging. The task force meets on Wednesday evenings at 7 p.m. at the Andover Senior Center. Meetings are open to the public.



**Members of the Senior Center Task Force will announce new-facility options on April 1. Standing, from left, are Cliff Lawrence, Rob Schreiber (co-chair), Don Robb, Dick Bowen, Sandy Nazzaro, Dick Lindsay, Tracy Callahan, Liz Elowe, Art Barber, and Elder Services Director Jeanne Madden. Seated, from left, are selectman liaison Mary Lyman, Shirley Chao, Marlies Zammuto (co-chair), and Council on Aging liaison Dorothy Bresnahan. Not pictured: Deborah Banda.**

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Two trucks brought the two halves of the 19th-Century house down Ballardvale Road...

PHOTOS BY TIM JEAN

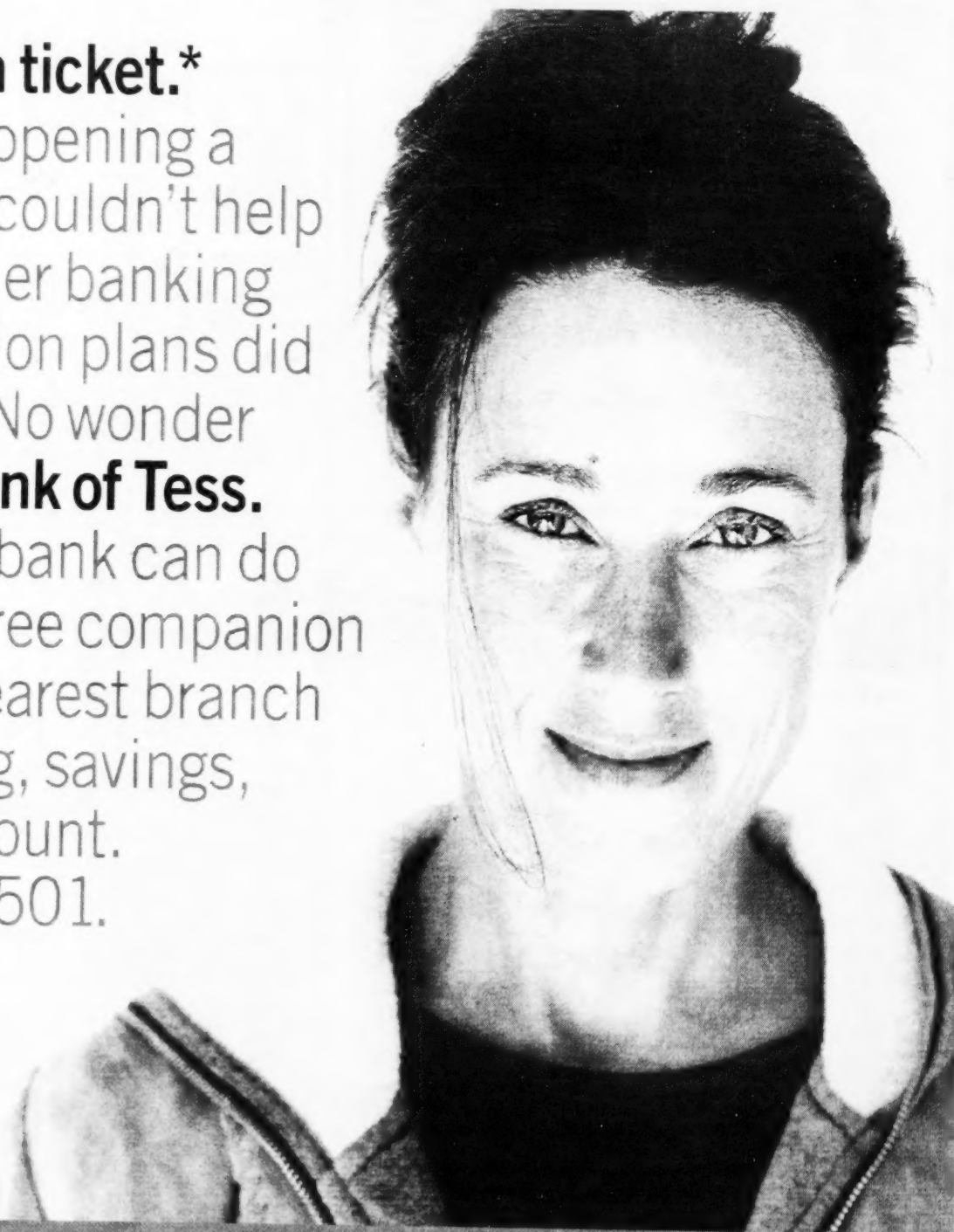
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## FINDING A NEW PLACE TO CALL HOME



PHOTOS BY TIM JEAN

...negotiating the twists and turns in the road, as seen in a mirror mounted on a tree by a homeowner with a blind driveway (far left photo). Many workers, including town tree cutters and electric- and phone-company workers were on hand, as were dozens of residents interested in the spectacle (center). At right, a truck sinks into the soft ground at the new location for the house, next to the Ristuccia's 373 South Main St. home.

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# Opinion

## Time for official individualism

No matter what it does this year, the School Committee will be at the center of controversy because it's seeking an override of Proposition 2½. If it had asked for more money, many taxpayers would be howling more loudly. If it had sought less, teachers and some parents and students would be more upset. It's not an easy job. But it is the job members signed up for.

So, as the budget debates heat up, it will be up to School Committee members to speak individually and become leaders, rather than just followers of the administration. Members should have public discussions about what they can cut instead of instituting fees. Those who suggest ideas for discussion – even if there is not consensus – should be applauded.

The way the School Committee handled the naming of the new schools is a study in what not to do. Its decision seemed guided primarily by a desire to find an answer that wouldn't offend anyone.

Committee members eliminated the option of naming the schools after a person, at least in part because they feared that honoring two people would somehow slight those not chosen. They delayed their decision more than once. Then, when it finally came time to vote, no one stood up individually to acknowledge what they thought was the best option.

When it comes to town decisions, voters rely on the people they elect to state their opinion, and do what they believe is correct, not just what is least controversial. That is particularly true when it comes to decisions that affect people's wallets.

### LETTERS POLICY

THE *Townsmen* accepts letters to the editor from the community. Letters must be typed and no longer than two, double-spaced pages. All letter writers must include addresses and phone numbers with their letters. The phone numbers will not be published.

The paper reserves the right to edit letters at its discretion. Reasons for editing include editing for length, clarity and style.

Letters should be received by the *Townsmen* by Monday at 5 p.m. for consideration in that week's paper. They may be sent by mail, fax or e-mail. As a general rule, the paper does not publish anonymous letters or thank-you letters.

It also does not publish letters for candidates in the issue prior to an election.

### STUFF TO DO

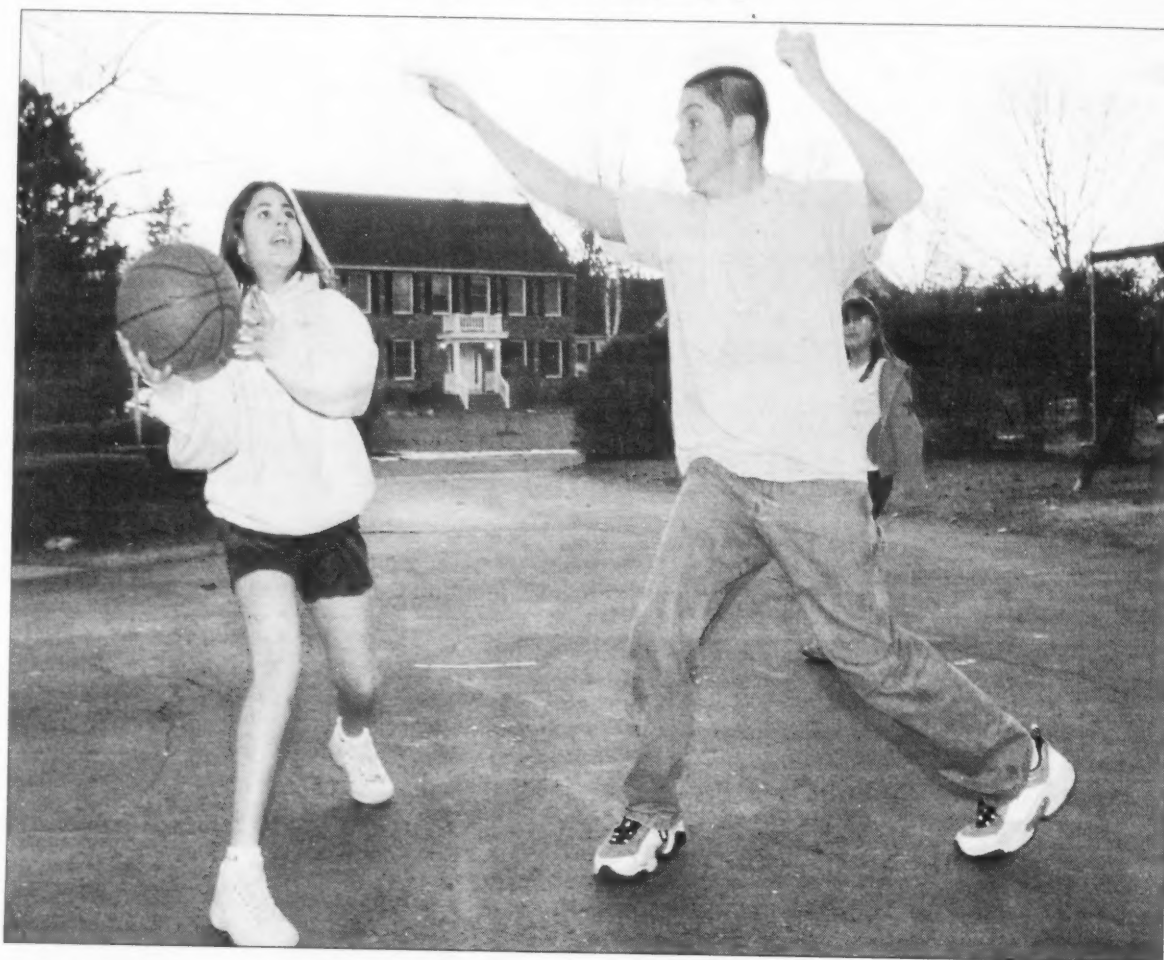


PHOTO BY TIM JEAN

Nick Caro defends his sisters Katelyn (left) and Jennifer during a game at their home during the recent unseasonably warm weather.

## There's always room for more



Neil Fater

That's what happens when you're an alert 90-year-old, which Sparks became on Sunday. You have an amazing stash of memories that just keeps growing. Not that Sparks' memory is always appreciated.

For instance, Sparks' recall makes watching *Jeopardy!* with him less fun, says his daughter Beverly Gammon of Windham, N.H. He knows too much. "Wheel of Fortune, he spoils for us, because they put two letters up and he knows the answer," she says.

Sparks now lives at Marland Place, an assisted living facility on Stevens Street. Though he never worked at Marland when it was a mill, he remembers little details he heard about it when he was younger. "My uncle Jim was a mule

spinner. It was so hot in this room that they only wore shorts and sneakers. They rode back and forth on machines and fixed the thread that broke," he says.

Sparks says his father was born on Balmoral Street, "down the road" from Marland Place, and he was born in Andover too. He has fond memories of the home he and his children grew up in at 20 River St., and knows it is one of only two in Andover with a special claim to fame. It was built in 1840 from the stones of an old Revolutionary War powderhouse in Gloucester.

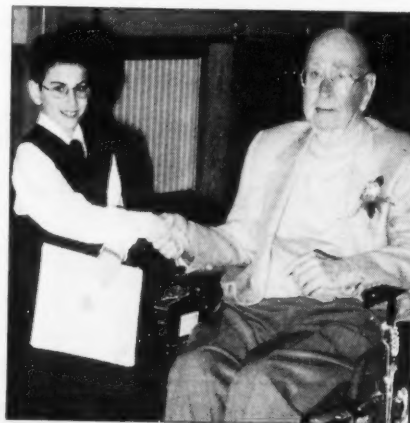


PHOTO BY TIM JEAN

Anthony Sacco says hello to James Sparks at Sparks' 90th birthday party on Sunday.

"My grandfather had a store at the foot of Essex Street. They had a pool (table) in the back and I think they had a fight every Saturday night," he says with a chuckle.

Sparks had trouble joining the war effort in World War II because his boss at General Electric wanted to protect him. "He said, 'The only way you can go is if you quit your job.' So I quit," says Sparks.

About the only thing he doesn't remember so well is how to play the piano, which is a shame. Gammon still has a yellowed newspaper story about how her father, as a boy, sat on a stack of books and wowed an audience at Phillips Academy. Although Sparks can still play by ear, he says he lost some of his ability when he suffered a concussion a few years ago. When Sparks moved to Marland Place, he decided to give his piano to Anthony Sacco, 10, the son of an Andover Country Club friend.

This boy has wowed some audiences himself. On Sunday, when Sparks' daughters, Beverly Gammon and Thelma Clemente of Andover, threw their father's 90th birthday bash, Anthony surprised Sparks with a special concert.

"You should hear him play it!" says Sparks. "If you couldn't see him, you

Continued on page 9



## LETTERS

On Mr. Postman:  
Three years,  
no complaintsEditor, *Townsmen*:

I have been a resident of Ballardvale since 1999. One of the best things about my moving to this neighborhood has been my mail service. For the first time since I lived with my parents I know my mailman. He is professional, consistent, reliable and, most importantly, a nice person. I appreciate all the things that Tom does for us and the difficulty he sometimes encounters in getting to our mailbox in the winter. I have also received nothing but excellent service at the USPS window of the Ballardvale and main Andover offices.

In defense of the mail in general, it never ceases to amaze me that for a mere 34 cents you can actually send something across the nation in an average of three days. No other company has ever been able to touch that. Delta charges \$400, Fed Ex charges \$9.70 and up. So my hat's off to USPS for allowing all of us to send things to one another, residential and commercial, for a fair and just price.

Secondly, we all work, and the workday is typically anywhere from 7 a.m. until whenever. So why does it surprise people that they might get their mail around 4 or 5 p.m.? They should be happy to know that the people at the USPS are still hard at work during those hours. Besides, who is in such a rush to get bills?

Lastly, who has never made a mistake at work? OK, that is what I thought. So if you occasionally get mail for someone else or someone that has moved, deal with it. In the two and a half years I have lived in Ballardvale I might

## What can you do to help? Make donation to blood bank

Editor, *Townsmen*:

My compliments to Judy Wakefield on her feature article about Alexandra Miliotis ("All for one, on Alex's team, *Townsmen*, Jan. 31). After reading such a poignant piece, most readers are left with a sense of sadness, hope and, especially after Sept. 11, a question of "What can I do to help?"

In this case there is a way. You can donate blood or, more importantly, platelets.

Platelets are the component of the blood that cause clotting. They are able to be given to individuals more easily than whole blood, which requires a blood-type match. Unfortunately, they have a "shelf life" of only two to five days.

Apheresis, the process of having blood removed, the platelets collected, and the rest of the blood returned to the donor, takes about two hours, and can be repeated biweekly. As one shoe-company slogan says, "Just Do It."

have received mail twice for someone other than myself. When this happens, people can simply mark the envelope and put it back in your mailbox. Occasionally mail will not get delivered or get delivered to the wrong address, but I would imagine that the percentage of mail delivered incorrectly is quite small.

For those who still have an issue with the USPS I suggest they try getting an account with another company and paying 20 times what the post office charges with no guarantee that it will all run smoothly.

Christine Shanahan  
249 Andover St.

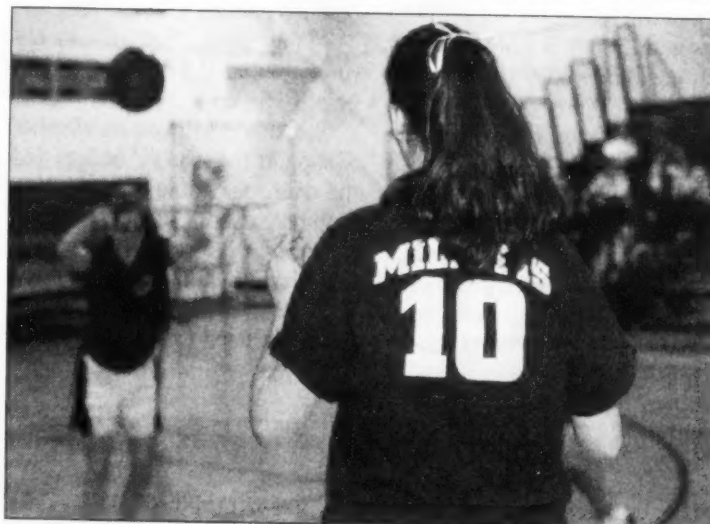


PHOTO BY TIM JEAN

Members of Andover High School's junior varsity basketball team all wear Alex's team T-shirts with Miliotis' number. A letter writer suggests another way to be on her "team."

Boston Children's Hospital's blood donation center can be reached at 617-355-6677, or <[www.childrenshospital.org/help/donate.html](http://www.childrenshospital.org/help/donate.html)>.

For general questions about

platelet donation try online: <[www.cpcug.org/user/rpike/platelet.html](http://www.cpcug.org/user/rpike/platelet.html)> or <[www.eiu.edu/~blldrive/platelets.htm](http://www.eiu.edu/~blldrive/platelets.htm)>

Joel G. Rubin  
166 North Main St.

## In the name of 'Liberty,' a new school

Editor, *Townsmen*:

I was deeply touched by the fine letter written by Mary Huntley, the 11-year-old young lady who suggested the name "Liberty" for the new school (*Townsmen* letters page, Feb. 21). She is right on.

While many local notables have been deservedly suggested for honor, it is the concepts, the very ideals that nourish us as a nation that we should celebrate in houses of learning. Mary's suggestion is great, and I would be proud to live in a town with a school by that name. Let's do it.

I only wish to add to one sentence in her letter. She said: "Because kids in America have a right to liberty..."

Liberty is for Mary, all kids, and the rest of us at any age. Most of all it is a gift, a legacy, and a privilege bought at great price. Only then are we able to claim it as a "right."

With youngsters like this the schools and her parents must be doing something right!

Larry Larsen  
Bryan Lane

(Ed. note: Larsen is a former selectman.)

Vote Kruse: An  
intelligent parent,  
volunteerEditor, *Townsmen*:

I am writing this letter to ask the parents and community of Andover to support and vote for Margaret "Peggy" Kruse. She has made a decision to run for School Committee.

I can not think of a more capable, intelligent individual for this position. I met Peggy five years ago through my job at Sanborn Elementary School. She was a volunteer in her child's kindergarten class. This was just the beginning of Peggy's career as a volunteer and active member of the Andover school community.

Ms. Kruse went on to volunteer on the PTO board, School Council and many other committees in this community. Ms. Kruse's commitment to our children and schools can be seen by watching any number of School Committee meetings.

You may recognize Peggy, as she can be found many nights as one of the few active audience members at the School Committee meetings.

I feel her willingness, desire and energy on behalf of our school community and the children of this town is, and always will be, her greatest asset. Being part of one's school community and getting involved in committees, attending meetings and learning the ins and outs of one's community gives Ms. Kruse the knowledge and background needed to be a member of Andover's School Committee.

Christine Dolan  
5 Atwood Lane

## Sparks

## MEMORIES

Continued from page 8

wouldn't believe it was a little boy playing."

"His feet don't even touch the floor when he plays," says Joyce Goldthwaite, a Marland Place receptionist. She says Anthony sends Sparks tapes of himself playing so the man can hear his progress.

"Jim has now invested his life in this boy's future," she says, filing away a memory of her own.

Gammon tells her dad that the boy always will remember playing the piano for her father's 90th birthday.

"He will?" says Sparks. "So will I."

Neil Fater is editor of the Andover Townsman.

## THE THURSDAY FILE

About "The  
Thursday File"

Steve MacDowall started "The Thursday File" two years ago. He sent it to 10 people.

Today, the file is sent to more than 10,000 people.

The Web site is <[www.hudsonvanloo.ca](http://www.hudsonvanloo.ca)> and suggests books to read and Web sites worth visiting, along with quotations worth noting.

Here are some quotations from the most recent Thursday File.

Difficult people are the  
greatest teachers.

PEMA CHODRON

It is one of the blessings of  
old friends that you can afford  
to be stupid with them.

RALPH WALDO EMERSON

The greater danger for  
most of us is not that our aim  
is too high and we miss it, but  
that it is too low and we reach  
it.

MICHELANGELO

The illiterate of the 21st  
century will not be those who  
cannot read and write, but  
those who cannot learn,  
unlearn, and relearn.

ALVIN TOFFLER

We strain hardest for things  
which are almost but not quite  
within our reach.

FREDERICK W. FABER

The arrow that has left the  
bow never returns.

PERSIAN PROVERB

You don't choose a word if  
you're a writer as a golf pro  
chooses a club with the shot  
in mind. You choose it with  
yourself in mind - your needs,  
your passions. It has to carry  
the green, yes, but it must also  
carry you.

ARCHIBALD MACLEISH

Regret for the things we did  
can be tempered by time; it is  
regret for the things we did  
not do that is inconsolable.

SYDNEY J. HARRIS

Success is never final and  
failure never fatal. It's courage  
that counts

GEORGE TILTON

Not everything that is faced  
can be changed. But nothing  
can be changed until it is  
faced.

JAMES BALDWIN



# Collins: 'We're deciding how to punish'

## ■ FEES

Continued from page 1

"And that's nothing new."

Minkinen remembers a time about 20 years ago when, during a similar budget crunch, the schools slapped fees on music lessons for one year.

"It's deja-vu. It's like taking a step back in time," he says. "But we got through it."

That time, Minkinen says, the temporary fees did not severely reduce the number of students, nor did they affect the quality of the lessons he gave or the salary he got. But fees, if they last longer than one year, can spell trouble, he says. "If you don't give (every kid that wants them) lessons at this level, they won't make it to the middle-school level," he says. "And in two or three years they'll all be gone."

Gerry Gustus, School Committee member, says he hears him.

"They're damnable recommendations. But if it weren't these, it would be something else equally as damnable," he says.

There's no way to win when officials are choosing which programs to put under the knife, says Dick Collins, School Committee member. "We're deciding how to punish our kids," he says. "Shame on us."

Despite the fees, the superintendent has decided to continue two pilot programs started last year in

Andover. All-day kindergarten at Shawsheen School will continue, as will three laptop-computer classes at South School. Parents must continue to pay partial costs for the kindergarten, and complete costs for the computers in these programs.

Officials say they don't know yet how much fees for individual clubs and music lessons will cost.

"Nobody has asked me," says Minkinen. "That's up to the people that handle the money. I handle the music."

Fifth-grader Alex Dumitrescu is hopeful that no matter what the cost, his parents will say yes.

"They said, 'You should try (music), and if you like it, keep going,'" he says.

Selectmen will vote on whether to support the schools' budget and the override within the next two months. School Committee Chairman Eric Nadworny hopes they don't have to think too hard about it. "The investment in education is directly related to the vitality of a town," he says.

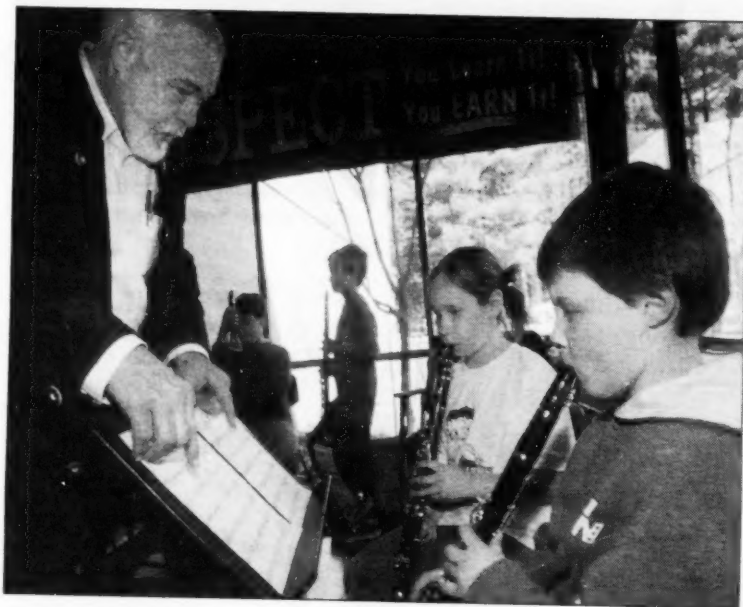


PHOTO BY TIM JEAN

**Long-time instrumental music teacher Allan Minkinen (left) has been through tough times before, including another year when the Andover schools had to implement fees.**

## CPA no easy sell

### Supporters get mixed response

By Rebecca Piro

Selling the Community Preservation Act to voters isn't an easy task, says supporter Peggy Keck.

As a member of the CPA Task Force, Keck is trying to show voters the benefits of raising property taxes up to three percent, to be matched by the state, and set aside to fund open-space purchases, historic preservation and affordable housing.

But the added challenge lies within the \$1.13 million override of Proposition 2 1/2 that Andover voters will face in April, as well as new fees for music lessons and extracurricular activities that schools have promised to charge students next year.

It's a tough sell, but Keck says she's up to the challenge.

"The hope is that you can persuade people that this is money well-spent," she says.

If voters approve the maximum 3-percent tax increase, the town will raise about \$1.5 million next year, not including the state's matching funds. The average residential household would see an extra \$112 on their tax bill.

A 2-percent increase will raise about \$1 million and a 1-percent increase will raise about \$500,000.

The task force members are pushing for a 3-percent increase.

"If you make the sacrifice and tax yourself at the 3-percent level,

the return is so enormous," says Keck.

The task force is holding discussions around town to educate the public about the CPA. The task force made a presentation at a recent meeting of the Service Club. Club members took an informal vote on whether they would support the CPA, and the results were split down the middle, says Debbie Silberstein, task force member.

Silberstein, however, is hopeful that voters will see the positive in the act.

"I think the community will be very receptive to it," she says.

Keck says her feelings about the CPA message fluctuate.

"Last night, several of us met with the Planning Board and I think they were very receptive to it. That was cheering," she says. "But (sometimes) you talk to someone (concerned about taxes) and I think, 'Oh dear, we're fighting a losing battle.'"

Keck hopes that residents, while faced with rising taxes and school fees, remember that schools aren't the only entity in need.

"I think the (schools) need full support, and I don't begrudge them. But there are other things that make this town attractive and keep property values high," she says.



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# As schools open and budgets tighten, who will lead?

## Kruse: 'I bring careful analysis'

By Ben Hellman

Candidate Margaret Kruse says "I would bring to the table a careful analysis of the issues," if elected to the School Committee. She believes her volunteer background, study of town finances, and work as a technical writer make her a good candidate for the position.

Kruse says that her work as a technical writer requires her to explain complicated matters in an understandable manner. "It's easy for people's eyes to gloss over," she says, regarding budget numbers. "I'm very comfortable with numbers."

Kruse works part time for the nonprofit organization Alliance for the Prudent Use of Antibiotics, promoting education about antibiotic use. She cites her attendance at town finance meetings as a sign that she understands the budget process. "(I know) where the money comes from and where it goes," she says.

On specific issues, Kruse says she supports MCAS in general, but finds linking it to graduation "problematic." Of school fees she says, "It is nice to avoid fees," but added that "we are not in an ideal situation." Kruse says she would prefer to charge fees for activities, than cut classroom teachers. "If parents can't afford fees (they should be) subsidized," she says.

Kruse says she has been a classroom volunteer since her children have been in school. She currently puts her professional skills to work as a volunteer in her daughter's science class. "My background is science - I like science," says Kruse. Of her classroom volunteering she says, "I've been in the schools. When people start talking about class size, I know what they're talking about."

Kruse said she enjoys hiking, bridge and biking when she isn't working or at one of

the many meetings she attends. She has enjoyed outings with the Andover Village Improvement Society (AVIS).

"Lately all I've done is go to meetings, I don't have time to put my kids to bed," she joked after this week's School Committee meeting. The Argilla Road resident credits her husband as her partner in the run saying that "running for office is a two-person job."



PHOTO BY TIM JEAN

School Committee candidate Margaret "Peggy" Kruse.

## Smith: Make use of town's industries

By Ben Hellman

Christopher Smith believes that the Andover school system needs "to work within the constraints of the budget."

President of the American Graphics Institute, which offers seminars and training in graphics software, Smith would also like to see the school systems make better use of technology. He believes that by

using electronic communication to parents the school systems could eliminate the cost of printing and postage.

"A businessperson would be surprised if they saw how (the school system) is run," says Smith. "Businesses operating that way disappeared long ago."

Smith says that the amount of money the system would save by eliminating the costs of paper and postage would make an electronic system make sense.

"Andover is a mecca for high-tech industries, it is foolish not to make use of that," he says.

He says he would want to use technology to "enable all teachers to use more effective means."

Smith says that a School Committee member should "have a strong understanding of how to operate an organization while providing excellent service."

Smith has two children in the Andover Public Schools and a 12-month-old child. His older children are in the fifth and eighth grades, and attend the West Elementary and Doherty Middle schools, respectively.

When asked what he likes to do when he isn't working he says, "It depends on which of my children you ask. If it's my 12 month old, I'm probably crawling around the floor, pretending to be a monster."

He says he enjoys going to his son's basketball games, cooking with his wife Jennifer and spending time with his children.

He says it's "important to keep work out of the home," later adding "It is important to make time for things that are important. It's important to have commitments to community."

Smith lives on York Street, in the Shawshen area of town.



PHOTO BY TIM JEAN

Fellow School Committee candidate Christopher Smith.

## OLYMPIC WRAPUP

### Doug White: Skeleton team therapist

## 'We were ready for payoff'

By Ben Hellman

Olympic physical therapist Doug White has returned to Andover after the US skeleton team's brilliant showing of two gold and one silver medal.

"It's a gold medal for sports medicine as well," says White. He was responsible for patching up the athletes when they injured themselves and keeping them in prime condition to perform. Those athletes were in good shape during the games. White says that there were no major problems or injuries.

"It was mostly a spectator thing. We had done our homework and were ready for the payoff," he says. But the end was bitter as well as sweet for White, who said goodbye to his colleagues and the athletes before leaving Salt Lake City. "It's kind of like graduating - everyone

going their separate ways," he says. White says he is done training Olympic athletes, and will trade in his ties to Olympic glory for the pleasures of home. "I promised my wife that if I made it to the (Olympic) games I'd quit and come home," says White.

His work has forced him to be away from his home a good deal during the winter months.

Career-wise, White hasn't considered the specifics of his future. He says he would like to get back to training high-school and college-age students.

"Hopefully I can bring to high-school students what I learned from the world-class (Olympic) athletes," he says. "I don't know what I'll do, but it's exciting."

In the meantime, he has some well-earned plans. White says he plans "to live off my laurels."

### Freestyle skier Brenda Petzold

## Sister says second jump was highlight

By Rebecca Piro

Andover native and freestyle skier Brenda Petzold ended her Olympic experience Sunday by walking in the closing ceremonies in Salt Lake City, Utah.

Yesterday, Wednesday, she walked into a Vale, Colo. hospital for knee surgery.

The 28-year-old aerialist, who finished 17th in her event, had injured her knee prior to the Olympics but was determined to jump anyway, says Petzold's sister, Lauren Remes of Jenkins Road.

"She was sure she could compete but not sure she could do her best," she says.

Petzold, daughter of Paul and Linda Petzold, was unavailable to comment on the Olympics this week.

Petzold made two jumps in the aerial freestyle competition, says

Remes, who flew into Salt Lake with family and friends for her sister's event. The second jump was better than the first.

"She skied right by my sister Sharon," says Remes. "(Sharon) said, 'Remember, there are two jumps to this contest.' Brenda said, 'Yup, I know.' She set her jaw and went back up there."

Petzold's second attempt was something to be proud of, says Remes.

"She landed it and she was getting them all razzed up. She definitely did it in style," Remes says.

Petzold ended the day in 17th place. "She was hoping she could jump through the pain. It's kind of a bummer," Remes adds.

Petzold also suffered the loss of her beloved cat of 15 years, Max, days before the opening ceremonies. The skier took a day off from training to recuperate.

"It was a very rough week for her," Remes says.

Petzold had plenty of highs as well as lows while at Salt Lake. She met President George W. Bush and First Lady Laura Bush and other famous athletes including Cal Ripkin Jr. and Lance Armstrong.

Petzold is the second family member to compete at the Olympics. Her sister Sharon skied in the acrobatic competition at the Games in Albertville, France, in 1992. All the Petzold kids were very active and played in the Andover Soccer Association while growing up on Jenkins Road, says Remes.

Whether Petzold will aim for another shot at the Olympics remains to be seen. She'll talk to her doctor after her surgery this week about her athletic future, according to her sister.



## OBITUARIES

**Daniel C. Bernardin**

*VP of local insurance agency; services are Friday*

Daniel C. Bernardin, 44, of Merrimack, N.H. and formerly of Andover, died Monday, Feb. 18 in his sleep.

He graduated from Pike School and Tabor Academy, where he was captain of the varsity soccer, hockey and lacrosse teams. He also graduated from Suffolk University.

Mr. Bernardin was vice president of Allied American Insurance Agency in Andover and was previously associated with his family's business, The Bernardin Insurance Agency.

He loved the outdoors and was an avid golfer, fisherman, rifleman and also liked astronomy.

Members of his family include his mother, Carolyn R. Bernardin of Andover; sisters, Lucy R. Bernardin and Amy W. Bernardin and her partner, Jack Hewitt, all of Andover; and brother, Eugene A. Bernardin III and his wife, Shengzhu of Portland, Ore.

A memorial service will be held tomorrow, Friday, March 1 at Christ Church, Andover. Burial will be private.

Memorial contributions may be made to the charity of one's choice.

Arrangements are by Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

**Calvin C. Deyermund**

*20-year veteran with the Andover Police*

Calvin C. Deyermund, 81, of Salem, N.H. and formerly of Andover, died Saturday, Feb. 23 at Sunbridge Care Center in North Reading.

Born and educated in Andover, Mr. Deyermund served with the Andover Police Department for 20 years. He was later employed at Raytheon Corp. in Andover as a security guard, retiring in 1991.

Mr. Deyermund served in the Army during World War II. He was a member of St. Augustine Church in Andover, the Andover DAV and VFW Post 2104 of North Andover.

Members of his family include his wife, Marilyn R. (Killen) Deyermund; sons, Calvin A. Deyermund, a Lawrence Police Department detective, and his wife Andrea of Andover, and Michael P. Deyermund and his wife Christa of Londonderry, N.H.; daughter, Mary Jo Sinnott of Yulee, Fla.; brothers, Warren Deyermund of Cullowhee, N.C., and William Deyermund of Haverhill; a sister, Elizabeth Dushane of

North Andover; eight grandchildren; and several nieces and nephews.

Memorial contributions may be made to the charity of one's choice.

Arrangements were by Burke Funeral Home, 390 N. Main St., Andover.

**Ruth E. Surette**

*Retired private-duty nurse*

Ruth E. (White) Surette, 93, died Wednesday, Feb. 20 at Academy Manor Nursing Home.

Born and educated in Haverhill, she graduated from Haverhill High School in 1927 and Hale Hospital School of Nursing in 1930.

Mrs. Surette was a registered nurse who worked private duty until she retired in 1960.

Mrs. Surette was an avid gardener. She attended St. Augustine Church.

She was the widow of Oliver R. Surette.

Members of her family include sons, Peter C. and his wife Patricia Surette of Spruce Head, Maine, and Oliver R. Surette Jr. of Andover; daughter and son-in-law, Isabel A. Howard and Robert Lucerd of Colorado; five grandchildren; three great-grandchildren; and several nieces and nephews.

Arrangements were by Charles F. Dewhirst Funeral Home, 33 Pearson St., Andover.

## DEATHS

Ida G. Benullo, 82  
Daniel C. Bernardin, 44  
Calvin C. Deyermund, 81  
Loretta Hill Duncan, 93  
Lillian B. Foresta, 83  
Robert E. Fugere Jr., 58  
Edmund J. Ganem, 81  
Ruth M. Goodwin, 93  
John J. Hanley, 91  
Walter J. Pawlick, 84  
Annie P. Rizzo, 85  
Mary V. Sellers, 98  
Ruth E. Surette, 93

## DEATHS ELSEWHERE

**BENULLO** — Ida G. "The Gift Lady" (Martino) Benullo, 82, of North Andover, died Tuesday, Feb. 26 at St. Elizabeth's Hospital in Boston. Mrs. Benullo worked at the Taylor Shop, now located in Andover, for several years.

**FORESTA** — Lillian Barbara (Circione) Foresta, 83, of North Andover, died Monday, Feb. 25 at her daughter's home in Haverhill. Members of her family include her son and daughter-in-law, Mariano and Georgette Foresta of Andover.

**FUGERE** — Robert E. Fugere Jr., 58, of Boxford died Monday, Feb. 18 at Boston University Medical Center in Boston. Members of his family include his son and daughter-in-law, Paul and Andrea Fugere of Andover.

**GANEM** — Edmund J. Ganem, 81, of Methuen, died Tuesday, Feb. 26 at Lawrence General Hospital. Mr. Ganem retired in 1983 after 26 years of service at Raytheon Co. in Andover.

**GOODWIN** — Ruth M. Goodwin, 93, of Salem, N.H., died Saturday, Feb. 23 at Parkland Medical Center in Derry. Born and educated in Methuen, Mrs. Goodwin worked as a secretary at Raytheon Corp. in Andover.

**PAWLICK** — Walter J. Pawlick, 84, of Methuen, died Tuesday, Feb. 19 at Holy Family Hospital. Mr. Pawlick worked for Yankee Milk (New England Milk Producers Association) in Andover, and was retired as a maintenance man from the North Andover Housing Authority. Members of his family include his daughter, Linda Suppa of Andover.

**RIZZO** — Annie P. (Napoli) Rizzo, 85, of Derry, N.H. died Monday, Feb. 18 at Integrated Health Services. Members of her family include her brother, Philip Napoli of Andover.

**Mary V. Sellers**

*Was active in groups in Reading*

Mary V. (Shea) Sellers, 98, of Reading, died Sunday, Feb. 24 at home.

She was born in Lawrence.

She was a member of the Northern Residence Association of Reading and was active in the Reading Council on Aging.

She also sang with the choir at St. Athanasius Church in Reading.

She was the widow of William W. Sellers.

Members of her family include her children, William and Usha Sellers of Boston, and James and Helen Sellers of Andover; and several grandchildren, nieces and nephews.

Burial was in Spring Grove Cemetery, Andover.

Memorial contributions may be made to the United Church Homes of Reading Inc., 50 Bay State Road, Reading, MA 01867.

**John J. Hanley**

*Teacher and guidance counselor for 40 years*

John J. Hanley, 91, of Andover, died Sunday, Feb. 24 at Holy Family Hospital in Methuen.

Born and educated in Medford, Mr. Hanley graduated from the

University of Notre Dame in South Bend, Ind., and received a master's degree in education from Tufts University.

He was a teacher and guidance counselor at Roberts Junior High

*Continued on page 13*

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## MEMORIAL HALL LIBRARY NEWS

By Norma Gammon  
Community service coordinator,  
Memorial Hall Library



HERE ARE SOME of the activities coming up at Memorial Hall Library in March.

### Sunday concert & reception

The Greater Chinese Cultural Association Choral Society and the Medolia Children's Chorus will perform Sunday, March 3, at 2:30 p.m. at Memorial Hall Library in a free concert, open to the public.

Following the program, the Taipei Economic and Cultural Office in Boston will have a donation ceremony and reception on the top floor of the library, part of the photograph exhibition entitled "The Many Splendors of Taiwan: Images of Contemporary Taiwan."

For the past three decades, GBCCA Choral Society has performed at the Kennedy Library, the China Trade Museum in Milton, and the DeCordova Museum in Lincoln.

They have also performed at the Taipei National Music Hall, in addition to three other major cities throughout Taiwan.

The vision of the Medolia Children Chorus is to instill a life-long love of music in the children. Through song and literature, they teach them basic musicianship and healthy singing techniques. They also

include Chinese art and folk songs in their repertoire.

### Spy novelist returns to Merrimack Valley

Novelist K. S. Brooks, author of the recently published action-adventure thriller *Lust for Danger*, will return to the Merrimack Valley for a book signing.

Brooks will be at Memorial Hall Library this Saturday, March 2, at 11 a.m. in the new Activity Room, on the lower level.

In *Lust for Danger*, the first in the series, Agent Night, the protagonist and anti-terrorist agent, must cheat death to conquer a diabolical faction.

### March is genealogy month

Keep running up against the same brick wall? There may be no cure for all of your research dead-ends, but Memorial Hall Library is here to help by bringing in three genealogy experts during the month of March to help you find your roots.



The Greater Chinese Cultural Association Choral Society and the Medolia Children's Chorus

### Saturday, March 9, 9:30 a.m.

Janis P. Duffy, reference supervisor at the Massachusetts State Archives, is the coordinator of the Archives Volunteer Program and part of the outreach team. Her talk at Memorial Hall Library will be "Introduction to the Genealogical Records at the State Archives."

Walter Hickey, archives specialist at the National Archives-Northeast Region in Waltham, will present a brief overview of some of the available records. The emphasis will be on providing the basic information the researcher must have coming in the door of the Archives.

Hickey will discuss census records, naturalization records, passenger arrival records and military service records.

### Saturday, March 16, 9:30 a.m.

Ruth Quigley Wellner of the New England Historic Genealogical Society will speak on the resources at the New England Historic Genealogical Society. Wellner is a reference librarian at the society, as well as a professional genealogist specializing in Massachusetts and New England research.

### Thursday, March 21, 7 p.m.

A well-known archivist and researcher will show you how to begin the process of searching your roots.

### Morning Book Discussion

March 18, 10:30 a.m.  
"House of Sand, and Fog"  
Andre Dubus III

### Evening Book Discussion

March 11, 7:15 p.m.  
"All Souls: A Family Story from Southie"  
Michael Patrick MacDonald

### Great Books

March 12, 7:30 p.m.  
"Gospel of Luke," King James Bible

March 26, 7:30 p.m.  
"Stavrogin's Confession," Dostoevsky

### Conversational English

Every Monday morning, 10 to noon

## OBITUARIES

#### ■ JOHN J. HANLEY

Continued from page 12

School in Medford for 40 years, retiring in 1980.

Mr. Hanley was a communicant of St. Robert Bellarmine Church. He was a member of the Andover Knights of Columbus Council 10877, the University of Notre Dame Alumni Club of Boston, and the Golden Anselman Club of St. Anselm's College in Manchester, N.H.

He was an avid University of Notre Dame football fan.

Members of his family include

his wife of 57 years, Marion C. (MacLellan) Hanley; a daughter, Catherine A. Hanley of North Andover; son, Michael P. Hanley and wife Susan of Derry, N.H.; sister, Mary D. Walsh of Malden; three grandchildren; and many nieces, nephews, grandnieces and grandnephews.

Memorial contributions may be made to St. Robert Bellarmine Church, 198 Haggetts Pond Road, Andover, 01810.

Arrangements were by Farmer & Dee Funeral Home, 16 Lee St., Tewksbury.

#### Loretta Duncan

Services are Friday

Loretta "Lori" (Merrill) Hill Duncan, 93, of Wilmington, Del. and formerly of Andover, Lawrence, and Methuen, died Friday, Feb. 22 in Wilmington.

Mrs. Duncan was an office manager for a local accounting firm.

She was the widow of Eben Hill and Forrest Duncan.

Members of her family include

her son, Eben R. "Bob" Hill and his wife, Dolores, of Wilmington, Del.; a sister, Mary Krigbaum of Andover; six grandchildren; and 10 great-grandchildren.

Memorial contributions may be made to Love Inc., Box 1152, Bear, DE 19701.

A graveside service will be held tomorrow, Friday, March 1 at 11 a.m. in West Parish Garden Cemetery, Andover.

#### Welcoming gardens

Andover Garden Club's March membership meeting will feature garden designer Maria von Brincken lecturing on welcoming entry gardens. The presentation will focus on design and planting solutions for three types of entry gardens. An accompanying slideshow will illustrate perennials, flowering shrubs, trees, and conifers used in urban, suburban, and rural settings. The program will be held at 12:30 p.m. at the Unitarian Universalist Congregation, 6 Locke St., Tuesday, March 5.

A nonmember admission fee of \$5 includes coffee, tea, and refreshments.

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to appreciate beauty, to find the best  
in others; to leave the world a bit  
better, whether by a healthy child,  
a garden patch or a redeemed social  
condition; to know even one life has  
breathed easier because you have  
lived.

This is to have succeeded.  
~ Ralph Waldo Emerson

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## Dirty land would trash center

By Rebecca Piro

If the land is dirty, the deal is off.

Those are the stakes facing the town and the Andover Youth Foundation, which both signed a contract last month meant to build a \$4.4 million youth center.

That contract has reached a crucial moment of truth.

AYF has hired a contractor to drill borings into the west Andover site, a piece of land that Town Meeting agreed to give temporarily to AYF while AYF builds the youth center with privately raised money.

If the borings reveal hazardous waste - potentially leaking from the uncapped landfill next door - there's no deal, says AYF President Larry Larsen. "(The land) goes back into the town's hands," he says. "The town will have to clean up the property, or our contract is off."

It's a sticking point of the contract, an agreement which both town and AYF representatives have described thus far as an amiable one. "That's one of the areas of the contract where we get a little protective," Larsen says.

That's because it's expensive to conduct a survey of the land, drill the borings and study the samples, says AYF member Bob McQuade. It will cost AYF almost \$20,000, despite the fact that a contractor is donating some of the drilling work.

If the land turns out to be dirty, AYF will look for a complete reimbursement, and ask the town to pay for the clean-up, says Larsen. If the town agrees, the project will move forward. If not, the deal is off, he adds.

"The cost of cleaning up hazardous waste is way beyond our capabilities," says McQuade. "If it's a minor spot (of contamina-

tion), no problem. If the ground water is contaminated, that could be a problem."

McQuade says he is optimistic that AYF will see clean results.

Borings were taken at that same site about three years ago, when the town was considering it for a senior center, he says. The results showed some contamination directly behind the west Andover fire department.

"One boring indicated that they buried some solid waste there, back when it was a dump out there," McQuade says.

At that time the town found no problems where the youth center is currently sited, he adds.

To update the study, and make sure no more waste has leaked into the ground, AYF will pay for several more borings in the area. The work and the results should be complete by the end of March.

Larsen says.

"I'm feeling optimistic," says McQuade.

According to the agreement, AYF will not begin construction until it has \$1 million in hand and the remaining balance of the project's cost - estimated at \$4.4 million - in a letter of credit, says Tom Jones, AYF fundraiser.

AYF has currently raised about \$1.6 million, mostly from a \$1.5 million donation from developer Yvon Cormier, for whose family AYF will name the center, and \$75,000 from the Raising the Roof auction in November. More announcements of donations are coming soon, says Larsen.

McQuade hopes to begin construction on the youth center in May of 2003. Construction will last anywhere from one year to 18 months, he says. AYF is hoping to open the center in 2004.



FILE PHOTO BY TIM JEAN

Youth-center supporters such as Selectman Brian Major and Andover Youth Foundation member Tom Jones will now wait to see if the proposed site in West Andover is clean.

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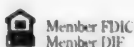
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## POLICE LOG

## ARRESTS

Wednesday, Feb. 20 – At 11:39 a.m., Cristian Tejeda, 23, of 238 Haverhill St., Lawrence, was arrested and charged with distributing a Class A substance and a Class B substance near a playground.

Thursday, Feb. 21 – At 5:06 p.m., Michael Gregoire, 48, of 1510 Chicory Way, Alpharetta, Georgia, was arrested and charged with statutory rape of a child.

Friday, Feb. 22 – At 3:56 p.m., Nestor Rivera, 23, of 51 1/2 Portland St., Lawrence, was arrested and charged with driving with a suspended license.

At 8:29 p.m., Felix Rodriguez, 38, of 393 Wilder St., Lowell, was arrested and charged with assault and battery on a household member.

Saturday, Feb. 23 – At 7:21 a.m., Jeffrey Thiffault, 34, of 796 Main St., Apt. 2, Haverhill, was arrested and charged with a second and subsequent offense of driving while under the influence of alcohol and leaving the scene of property damage.

At 5:32 p.m., Arnold Ross, 20, of Starr Avenue East, was arrested and charged with possession of a Class D substance. Also arrested were Thomas Salerno, 17, of 3 Starr Avenue East, and Robert

Salerno, 17, of the same address, who were both charged with possession of a Class D substance.

At 6:27 p.m., William Lord, 19, of 70 Walker Hill Road, Ossipee, N.H., was arrested and charged with driving without a license or an inspection sticker, and charged with a motor-vehicle equipment violation. Harley Perry, 19, of 14 Elm St., Ossipee, N.H., was also arrested and charged with possession of a Class D substance.

At 7:48 p.m., David Ortega, 18, of 95 Beech St., Tewksbury, was arrested and charged with unarmed robbery; possessing a Class D substance with the intent to distribute; and possession of Class D while conspiring to violate the controlled substance law. Also under arrest was Leonard Cassanelli, 19, of 171 Poland St., Tewksbury, who was charged as a minor in possession of alcohol, reckless operation of a motor vehicle, a lights violation and conspiracy to violate the controlled substance law.

Monday, Feb. 25 – At 12:48 p.m., Felix Rodriguez, 38, of 393 Wilder St., Lowell, was arrested and charged with a third offense of driving with a suspended license.

## INCIDENTS

Wednesday, Feb. 20 – At 8:05 a.m., an employee at Dunkin'

Donuts on River Road reported a trespasser.

At 1:53 p.m., a 30-year-old male and a 25-year-old male were given summons to court for possession of Class A and B substances.

At 2:13 p.m., a female from Deerberry Lane reported that she lost her wallet near Chapel Avenue.

At 3:04 p.m., a female employee from Brickstone Square reported that someone had threatened her.

At 5:45 p.m., a male came into the station to report that he had been assaulted at CVS the night before.

At 10:32 p.m., a High Street resident reported that a young male rang his doorbell, and when he opened the door he was doused with a cup of water. The youth ran away, according to the complainant. An officer determined that the youth had not thrown the water at the resident, but had rigged his door so the water would fall on him when he opened it.

Thursday, Feb. 21 – At 9:45 a.m., a Greybirch Road resident reported that a raccoon was trapped inside her screen porch.

At 1:50 p.m., an Upland Road resident reported that someone had been looking in her window last night.

At 3:55 p.m., police responded to a domestic argument between a mother and two children. An officer spoke with the people involved and the incident was settled.

At 6:51 p.m., a Bartlet Street resident reported that she had been walking around the track behind Doherty Middle School when a young male nearby pulled a three-to four-inch knife out of his sock. The male did not threaten her, but the resident said the male pulled the knife out intentionally to let her know that he had it, according to the log. A responding officer did not find the male.

At 7:51 p.m., an officer issued a court summons to a female for possessing a Class D substance.

Friday, Feb. 22 – At 11:42 a.m., a caller from Marland Street reported a dog bite.

At 12:44 p.m., a male from Federal Street reported that he was bitten by a dog.

At 5:25 p.m., a male reported that he lost his cellular phone three days ago in the McDonald's parking lot.

Saturday, Feb. 23 – At 9:06 a.m., a male brought in a BB gun that he found near the Andover Country Club.

At 1:52 p.m., police assisted an ambulance with a 9-year-old male whose eye had been impaled by a stick. The boy was out playing in his yard when he fell on the stick, an officer determined.

At 9:47 p.m., a female reported that her 13-year-old daughter attempted suicide by jumping off

their balcony. The daughter was transported to the hospital for treatment.

At 10:25 p.m., a detective issued a court summons to a 21-year-old female and a 42-year-old male for possessing a Class D substance.

Tuesday, Feb. 26 – Tuesday, Feb. 26 – At 1:33 p.m., a caller reported the name and address of a person who had committed a "pooper-scooper violation." The person was not home when the animal control officer called to investigate.

At 7:49 p.m., a Lowell Street caller reported being assaulted by another person that afternoon. An officer spoke with the subject and was to issue a court summons to the accused offender for assault and battery.

## BREAKS

No breaks were reported this week.

## THEFTS

Thursday, Feb. 21 – At 9:15 a.m., a caller from the Boston Sports Club reported a theft from the men's locker room.

At 8:01 p.m., a male reported that some cash had been stolen from his locker at the Boston Sports Club.

Sunday, Feb. 24 – At 9:45 a.m., a female reported that someone had stolen the mailbox at a

Continued on page 17

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BEMISTER'S • THE BEST IN BILLIARD TABLES



## POLICE

### THEFTS

Continued from page 16

Freemont Lane residence.

At 10:10 a.m., an officer reported that a second mailbox on Freemont Lane had also been stolen.

Monday, Feb. 25 - At 9:49 a.m., a Penni Lane resident reported that his mailbox and the mail inside had been stolen.

At 4:06 p.m., an employee from Compaq reported a theft.

At 4:38 p.m., a resident reported that her daughter had scammed her out of \$1,500.

Tuesday, Feb. 26 - At 3:53 p.m., a male reported that someone had stolen the money out of a wallet he left behind at Radio Shack.

### AUTO INCIDENTS

Thursday, Feb. 21 - At 3:29 p.m., police had Elm Street Auto tow away an apparent abandoned car from Marigold Lane. The car had no license plates on it, and when police contacted the original owner, that person said he had sold the vehicle to someone else.

Saturday, Feb. 23 - At 10:18 a.m., a car struck a shovel on Interstate 93 North. The shovel ruptured the car's gas line. An officer notified the state police of the incident.

— Compiled by Rebecca Piro

## PROPERTY TRANSFERS

The following home sales and property transfers occurred in Andover during October, the most recent time period from which information is available, according to the Registry of Deeds in Lawrence:

Phillip and Carolyn Page bought 83 Jenkins Road for \$10,000 from Ryan P. and Susan L. Sauls.

Fieldstone Meadows Development Corp. bought 15 Charlotte Drive for \$315,000 from Mary A. Taylor.

Todd R. and Denise M. Minnigh bought 45 William St. for \$700,000 from Thomas E. and Eileen C. Lacy. The mortgage is with Wells Fargo Home Mortgage Inc.

James D. Doherty Jr. and Mary Beth Doherty bought 9 Endicott Road for \$910,000 from Vincent Vandeberghe and Veerle Woolecamp. The mortgage is with Northmark Bank.

Alan C. and Lauren B. Chasse bought 4 Cyr Circle for \$395,000 from Carlos and Katherine St.



This home on Endicott Road sold for \$910,000 this fall.

Germain Heiligmann. The mortgage is with Bank of America.

Charlene Fleming, trustee of the Kojak Realty Trust bought 5 Longwood Drive for \$93,000 from Linda R. Richards. The mortgage is with Methuen Cooperative Bank.

— Compiled by Ben Hellman from public information available at the Registry of Deeds

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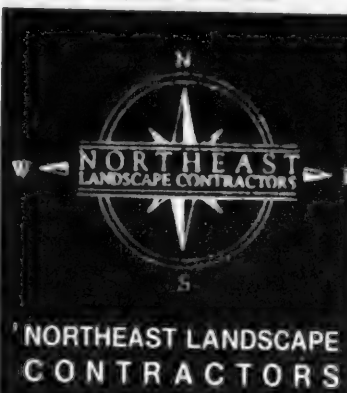
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President 2001-2002

Paul Mercandetti  
Scholarship Committee Chair

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# Neighborhood's feelings don't waffle over syrup

## ■ SYRUP

Continued from page 1

he's carrying it through," she says. "Other people are inspired."

She says she saw her friend Bill Pennington standing in his front yard eyeing his maple tree with a power drill this week. Pennington says he had just returned from a trip to Vermont and saw the taps around Ballardvale. His kids "love pancakes and they think it's neat to make their own (maple syrup)," he says.

"It's magical for the kids to see the trees give up their lifeblood and for it to end up on their pancakes," says Holden. "The adults are enthralled. It brings the kid out in everyone."

On Monday, as the sun and the temperature drop, neighborhood children and parents gather with marshmallows for toasting. "Everyone's been coming down," says Curtis with a broad grin. But, for he and Deveau, it's time to collect their sap yield from Day Five.

"This tree is unbelievable," says Deveau of the big, old maple in Christopher Huntress' yard at 17 Tewksbury St. Sap from four spigots drips into four one-gallon buckets from this tree. The buckets are filled to the brim with one spilling sap over its edge, giving the men a 16-gallon yield in 24 hours.

Huntress proudly proclaims his maple "the most productive tree." He says that on the first day the tree was "running like a faucet."

Huntress was first asked about having his tree tapped last summer at the Ballardvale block party, but had forgotten all about it until Curtis showed up last week to tap his



Richard Deveau adds gallons of sap to a steaming pot simmering above a fire.

tree. The idea to make his own syrup came to Curtis months before that, in April, at the end of sugaring season. For Curtis, it wasn't too early to start planning. He started collecting glass jars for the syrup and began to gather buckets and equipment.

Curtis' hobby has quickly

become a passion.

"It's a slippery slope," says Curtis, who has tried to keep his costs to a minimum, driving to each neighbor's yard with his buckets and changing them by hand. "You start thinking, if you got a truck you could get a big tank and a pump. One thing leads to another and you're spending thousands of dollars to make four gallons of syrup," he says. Five gallons of sap boils down to about a pint of maple syrup, according to Curtis.

Along with equipment and containers, Curtis needs fuel to keep his furnace running and has been collecting wood.

He points to the wooded areas surrounding his yard, to trees bent and broken by an ice storm in 2000. He's also been collecting wood from consenting neighbors' yards and anywhere else he can get it for free. Holden recounted how an old cast-iron claw-foot tub was being

thrown out and how Curtis eyed it for boiling the sap. "It ended up being too big," she says.

Later, as Curtis loads the day's sap yield into his car, he spies a pair of stereo speakers on the street to be picked up as garbage. To Curtis, the speakers are wood for his fire. Curtis is also chair of Andover's recycling committee and his syrup project has the chairman recycling materials all over Ballardvale.

Deveau's wife has already called him in for dinner.

As Curtis skims the foamy impurities from the top of his boiling basin, the moon begins to light up his yard. "There's only smoke when you add wood," he says. Curtis says on previous nights

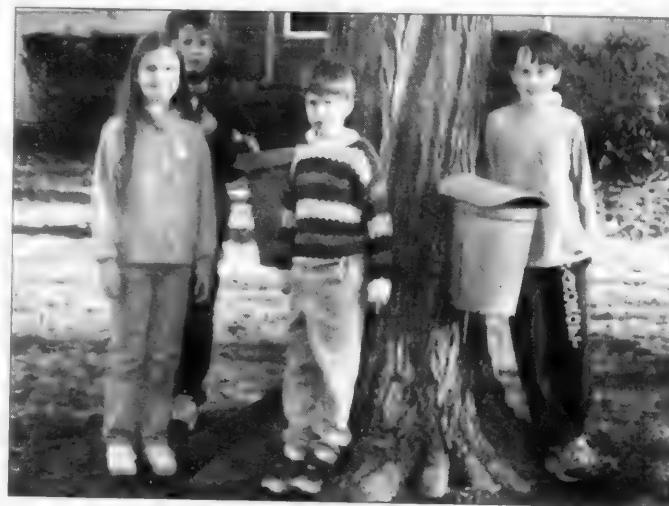
when it wasn't as windy and the fire got hot enough he could see the steam rising 60 feet in the moonlight.

Curtis says that this is a good time of the year for the diversion of maple harvesting. "Everyone's waiting for winter to be over," he says. "I do have a job, I have to keep reminding myself."

His syrup hobby has kept him busy. "I've been here 16 hours a day. I'm not even checking my e-mails," he says.

But syrup season is brief and the community spirit it has engendered in his neighborhood has given him license to spend some more time at home. "It's a good excuse to get out of the office," says Curtis.

## BUCKET BRIGADE



The warm weather this week had these Robandy Road kids thinking of syrup, too. They are, from left: Emma Keefe, Stephen Carey, Mitchell Carey and Evan Golden.

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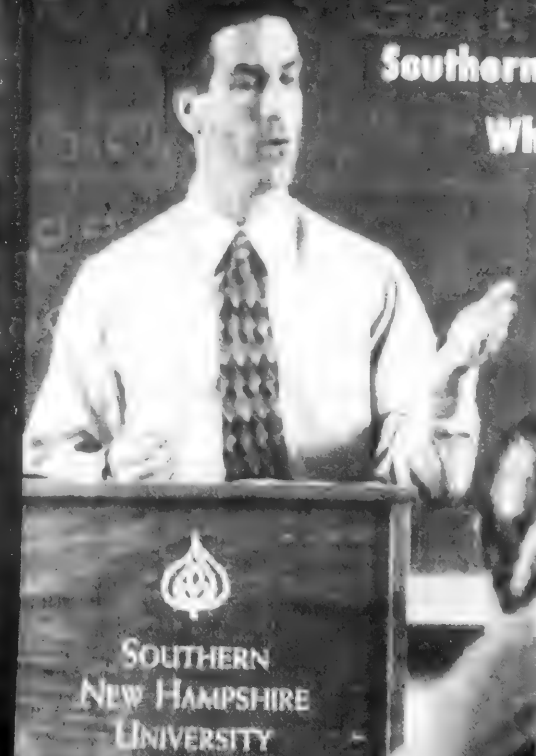
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# Education

## Hello, Wood Hill Middle and High Plain Elementary

By Ben Hellman

The verdict is in. Students next year will attend High Plain Elementary and Wood Hill Middle School.

The School Committee voted on the names for the new schools Tuesday night, in a process marked by anonymity.

After twice postponing these votes at previous meetings, School Committee members wrote on pieces of paper their first, second and third picks from a short list of names generated at their previous meeting. These papers passed to Assistant Superintendent Marinel McGrath.

McGrath read aloud which school names had scored a first place, second and third place, without indication about which committee member favored which name. Thus knowing which names were most favored, member Tina Girdwood made a motion to name the schools. Skip Eccles seconded and the vote was unanimous.

The committee gave a nod to sixth-grade student Mary Katherine Huntley, who had her letter to the editor published in the Feb. 21 edition of the *Townsmen*. It added her suggestion, the Liberty School, to its list.

At the last meeting, the committee moved to strike family names from the list in a move to avoid showing preference to a par-



The new Cross Street schools finally have names. They will open next fall for the 2002-2003 school year.

PHOTO BY TIM JEAN

ticular family or individual in Andover, opting for less controversial geographic names.

The existing Shawsheen School, a primary school, is also named after the area of town in which it is located.

West Middle, and West and South elementary schools reflect their compass direction from downtown Andover.

Doherty Middle School and Sanborn and Bancroft elementary schools carry the names of

Andover people committed to education.

The runners-up as names for the new schools were Fish Brook Elementary and Veterans Middle School.

### Positive reaction from community

By Ben Hellman

There was excitement in the School Committee room this week from at least two spectators. Principals Norah McCarthy and Brenda O'Brien sat on the edges of their seats waiting for the vote to be made. "The baby is born! This is wonderful," exclaimed McCarthy. The principal went on to refer to the new schools by their now official names of High Plain Elementary and Wood Hill Middle School. She described the area as "a lovely little oasis."

"I'm delighted," said parent advisory council co-president Kristin Wise. Wise said that Wood Hill Middle School was her first choice. PTO co-president Martha Hyslip said she was "thrilled" with the names. "It's very woody up there and you have High Plain Road," she said. "I think it would be very difficult to name the schools after someone. So many people have made a difference." Former School Committee member Tim McCarron, who threatened to fill the halls at the meeting if former selectman Gerald Silverman and current committee member Richard Collins weren't honored, was absent from the meeting and offered no comment Wednesday.

## Major: Given history, town should allot more to SPED

Selectman alone in wanting to allocate more to special education to avoid repeating previous shortfalls

By Rebecca Piro

The selectman who complained about explosive special-education costs now wants to put more money aside for special education next year.

Considering the schools' track record, Selectman Brian Major says that \$4.2 million – the number proposed by school officials – probably won't be enough for next year's students that receive services out of district.

He wants to shift \$250,000 from the preliminary school and town budgets for 2003 to the special-education budget, thereby cutting other services.

For years, he says, officials have underestimated how much money they would need to educate Andover's special-needs kids. In April, officials will ask Town Meeting to approve \$1.1 million from cash reserves to cover last year's special-education deficit.

"We are going to overspend again. That's our history. If that's the case, let's budget what's realistic," he says.

The schools' preliminary special-education budget for out-of-district students is about 10 percent more than last year's actual expenditures – significantly less than the previous year's increase of 23 percent. Yet school officials say they're comfortable with the \$4.2 million figure.

"We're really trying to pull

everything together this year so we won't have to come back with these big requests," says Bernie Tuttle, business manager for the schools.

Tuttle, however, calls the out-of-district costs a "moving target" and won't guarantee against a deficit next year.

An extra \$250,000 for special education would have to come out of the town and school budgets that officials say are already cut to the bare minimum.

Town Manager Buzz Stapczynski says his recommended budget includes no new positions and no increases in funding for town departments. Claudia Bach, schools superintendent, says her budget eliminates 12 existing positions. Money for school sports will be reduced by 10 percent, or \$50,000. Bach will also charge parents fees for their children to participate in after-school activities and music lessons.

There are other possible areas, like bus transportation, where the schools could charge fees toward that additional \$250,000, says Tina Girdwood, School Committee member. But she's not recommending trying it.

"Good heavens, there's already a burden of cutting back services and programs," she exclaims.

Chipping away at the schools' budget will only hurt general-education students, adds Bach, who

said last week that the current special-education spending was taking away from regular education.

"You don't want to go into a downward spiral where you continue to take from the regular-education budget," she says.

If the general-education budget suffers, class sizes increase, staffing is reduced, and children who have less pronounced needs are no longer accommodated, and must join the special-education ranks, Bach adds.

Major, who was the sole voice advocating for more special-education money in the budget Monday night, plans to convince other officials.

He'll also sit on a task force with School Committee member Gerry Gustus, Finance Committee member Margaret Bradshaw and Pupil Personnel Administrator Susan O'Brien to look at rising special-education costs.

### SPECIAL EDUCATION SPENDING

	FY1999	FY2000	FY 2001	FY2002
In district	\$4,888,254	\$5,213,814	\$5,713,482	\$6,463,056
CHANGE		6.7%	9.6%	13.1%
Out of district	\$2,134,433	\$2,543,944	\$3,033,135	\$3,732,260
CHANGE		19.2%	19.2%	23%
Total	\$7,022,687	\$7,757,758	\$8,746,617	\$10,195,316
CHANGE		10.5%	12.7%	16.6%



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## LUNCH MENUS

Here's what's for lunch in the Andover public schools next week, March 4-8:

### Elementary schools

**Monday:** Boneless breaded pork chop, bagel french toast with cheese omelet, baked chicken nuggets, corn, peaches and milk.

**Tuesday:** Barbecue chicken, mozzarella sticks, slice of pizza, green beans, mixed fruit and milk. Lucky tray day.

**Wednesday:** Sloppy joes on a bun, pizza rings, chicken McSchool, potato, pineapple and milk. Chocolate cake.

**Thursday:** Two tacos with lettuce and tomato, french toast and sausage, rib-b-que dippers, peas, pears and milk.

**Friday:** Monte cristo on a bagel with Twix bar, toasted cheese with soup, baked chicken nuggets, potato puffs, pears and milk.

### Doherty Middle School

**Monday:** Monte cristo on a bagel, chicken McSchool, cheeseburger on a roll, corn, peaches and milk.

**Tuesday:** Barbecue chicken, mozzarella sticks, stuffed crust pizza, green beans, mixed fruit and milk.

**Wednesday:** Boneless breaded pork chop, two hot dogs with chips, baked chicken nuggets, peas, pears and milk. Chocolate cake.

**Thursday:** Two tacos with lettuce and tomato, french toast and sausages, stuffed crust pizza, mashed potato, pineapple and milk.

**Friday:** Spaghetti with marinara sauce, nachos with cheese sauce, baked chicken nuggets, potato puffs, pears, and milk.

### Secondary schools

**Monday:** Two tacos with lettuce and tomato, spaghetti and meatballs, stuffed crust pizza, fruit, veggie and milk.

**Tuesday:** Barbecue chicken, American chop suey, bagel pizza, fruit, veggie and milk.

**Wednesday:** Monte cristo sandwich, spaghetti ilio olio, slice of pizza, fruit, veggie and milk.

**Thursday:** Roast turkey dinner, pizza pasta, bakery pizza, fruit, veggie and milk.

**Friday:** Two toasted cheese sandwiches, rotini with marinara sauce, stuffed crust pizza, fruit, veggie and milk.

### New Healthy Choice menu

**Salads:** chef's, chicken, caesar, pasta with roll, fruit and milk.

**1/2 sandwich and soup:** on bulkie with potato salad, fruit, raisins, brownie and milk; imported ham, deli turkey, chicken salad, tuna salad, seafood salad.

**Calzones** with fries, fruit and milk, cold cut, chicken parm, ham and cheese, cheeseburger.

**Pizza rings,** fresh risen dough brushed with a garlic sauce, topped with whole mozzarella and topped with pepperoni, served with a cup of pizza sauce, fruit and milk.

Menus subject to change. You may prepay for elementary lunches. Send check for \$7.50 per week to Andover Food Services. Questions? Call Karen Pappa at 978-623-8623.

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# West Middle students honored for 2nd term

West Middle School has named the following students to the honor roll for Term 2:

## Grade 8

**HIGH HONORS**  
Ashley Ahern  
Nathan Aldrich  
Maxwell Ball  
Gabi Barmettler  
Ashley Benenati  
Christopher Browne  
Marisa Caliri  
Tyler Carroll  
Anthony Christiano  
Bradford Colbert  
Matthew Colbert  
James Conway  
Kara Crowley  
Sarah Doucett  
Brad Durkin  
Maureen Gaj  
Andrew Gatti  
Christopher Gibson  
Margaret Gillan  
Emma Hofmans  
Fred Huang  
Robert Hughes  
Tyler Hyslep  
Colleen Irby  
Amy Kasparian  
Andrea Kurkul  
Donna Lamontagne  
Melodee Li  
Andrea Martin  
Julie Marton  
Meghan McDermott  
Jennifer McDonald  
Daniel McDonnell  
Elizabeth McPartland  
Sonal Mehta  
Jennifer Merinder  
Gerald Mohan

Christopher Muscatello  
Adam Nadelson  
Kathryn Nugent  
Danielle Perry  
Carrie Pettee  
Christina Pierro  
Adam Rousmaniere  
Meghan Saccone  
Andrew Sanders  
Lindsay Schoen  
Kristen Sebasky  
Donna Shin  
Patricia Sullivan  
Steven Twomey  
Dragos Velicanu  
Nandini Vijayakumar  
Alyssa Wallace  
Margaret Wang  
Abigail Wheelwright  
Andrew Whiting  
Julia Wise  
Simon Xia  
Bradley Yount

## HONORS

Michael Ahern  
Rory Arnold  
Samuel Ball  
Michael Barry  
Lindsay Belanger  
Joseph Benedix  
Alissa Benham  
Ned Berger  
Jordan Boehler  
Robert Bradley  
Allison Brown  
Peter Brown  
Alison Butler  
Christopher Cho  
Sara Christopher  
Lauren Ciampa  
Sarah Coneeny  
Kaitlyn Conway  
Emily Cummings  
Rebecca Dampousse

Maura Daniels  
Corilee DeAngelis  
Eric DeMarco  
Jon Derby  
Matthew Dion  
Kathryn Dwulet  
Sophia Esmail  
Allison Fairburn  
Mallory Goldstein  
Michelle Guy  
Andrew Hennessy  
Christian Hidirah  
Meghan Hill  
Edward Hunt  
Suzanne Hyslip  
Sydney Layne  
Gregory Levis  
Molly Lieberman  
Paul Malaguti  
Ryan Mann  
Eric Matulsky  
Brian McCall  
William McIlhargey  
Michael McNamara  
Tiana McQuade  
Darren McRoy  
Robert Medaglio  
Zachary Miller  
Anders Nordblom  
Amy Olscheskie  
Laura Ouellette  
Frank Pierro  
Chelsea Portney  
Andrew Rance  
Danielle Richards  
Brendan Richardson  
Sonia Righter  
Christopher Robbat  
Jennifer Russell  
Robert Samuels  
Paul Sartori  
Joseph Savoca  
Aubrey Scarborough  
Paul Schrader  
Megan Sebasky

Kelsey Shaw  
Jason Sheldon  
David Shin  
Brittany Sickler  
Gregory Simons  
Katharine Smidt  
Jessica Sofio  
Michael Stewart  
Huei-Hsuan Sun  
Kate Thompson  
Caitlin Thorburn  
Nicholas Travers  
Pauline Viscosi  
Emily Whalen

## Grade 7

**HIGH HONORS**  
Christopher Adams  
Katie Anderson  
Lauren Barry  
Jennifer Berger  
Charlotte Bicking  
Kaleigh Biles  
Gregory Boumil  
John Brody  
Bradley Buitenhuys  
Rebecca Cairns  
Allison Callery  
Andrew Callery  
Stephen Chan  
John Cheng  
Chelsea Conley  
Jonathan Crush  
Marco Cusumano-  
Towner  
Molly Desmond  
Adam Eckel  
Karina Esmail  
David Espindle  
Emily Evans  
Steven Farquhar  
Jennifer Feinberg  
Ryan Ferguson  
Kerry Gaj

Daniel Greeley  
Michael Grobicki  
Oliver Han  
Julie Harker  
Carly Holstein  
Danielle Huggins  
Allison Hyde  
Eric Iworsley  
Sol Jin  
Rebecca Johnson  
Zachary Jordan  
Lillian Kouletsis  
Kevin Kurkul  
Randy Labrecque  
Benjamin Landy  
Brian Lapsa  
Brittany Lewis  
Dean Lieberman  
Elissa Lim  
Justin Lipton  
Stephanie Marton  
Craig Massey  
Katharine Matsumoto  
Meaghan McGinty  
Michael Murray  
Craig Nathan  
Jessica Nitzberg  
Karl Novick  
Rebecca Park  
Jessica Pulido  
Matthew Puntoni  
Colleen Ritzer  
Kelly Roberge  
Peter Roman  
Kevin Roselle  
Aaron Rosenberg  
Laura Rushford  
Maura Ryan  
Trevor Sanders  
Vivek Sant  
Holly Schoen  
Derek Schwarz  
Michael Shu  
Meredith Spoto  
Stephen Stapczynski

Carmen Tam  
Daniel Taylor  
Gabrielle Traub  
Cassandra Valler  
Charles Wang  
Max Weiss  
Zoe Xu  
Joo Yoon  
Laura Zuckerman

## HONORS

Taylor Beaucaire  
Erin Biles  
Tamar Brady  
Jennifer Brown  
Alexandra Burdeau  
Robert Burke  
Kevin Calabro  
James Callery  
Donal Casey  
John Chartier  
Karen Chretien  
Renee Coiro  
Brandon Cooney  
Jake Culian  
Alexandra Daher  
Katelyn Daly  
Ian Dempsey  
Sean Donlan  
Kevin Duncan  
Alyson Finn  
Rachel Fox  
Ashlyn Games  
Jennifer Geary  
Amanda Gibson  
Anne Gilmore  
Kyla Guidoboni  
Jessica Guillet  
Lauren Hartel  
Colleen Heath  
Sarah Hempstead  
Caroline Hodge  
Whitney Hughes  
Christopher Hunt  
Thomas Jackson

Janelle Jee  
Yan Li  
Kyle Lightner  
Sarah LoMedico  
Lauren Martin  
Patrick McGovern  
Emelie McKain  
Bridget O'Brien  
Andrew O'Connell  
Erik O'Connell  
Julie Ouellette  
Christopher Parker  
Christopher Perry  
Laura Perry  
Tiffany Petzold  
Amy Philpott  
Michael Reed  
Corey Richard  
Alycia Robbat  
Jonathan Rosenberg  
Neeraj Sathnur  
Oliver Scarborough  
Corinne Schweitzer  
Chloe Sempere  
Peter Shaw  
Faryn Shiro  
Sandra Sierra  
Alyssa Sloan  
Michael Somma  
Kelly Toomey  
Minh-Tam Tran  
Jonathan Traub  
Kevin Twomey  
Amanda Weldin  
Andrew Wheelwright  
Elizabeth Wise  
Christopher Yu

## Grade 6

**HIGH HONORS**  
David Adams  
Jacqueline Aldrich  
Melissa Alois  
Allison Alwan

Emily Benham  
Thomas Blanford  
Colin Bowman  
Zachary Burdeau  
Kyle Butler  
Sebastian Caliri  
Bridget Carroll  
John Caveney  
Hanyin Cheng  
Ilana Cohen  
Taylor Crocker  
Elizabeth Curtis  
Matthew Davidson  
Andrea Davis  
Vanessa DiPasquale  
Allison DiSalvo  
Kelly Driscoll  
Christopher Esch  
Dennis Fleming  
Nima Haghighi-Mood  
Eadaoin Harney  
Casey Harrison  
Ran He  
Jillian Himmer  
Emily Hsieh  
Sara Hurchik  
Samuel Hutchins  
Danielle Johnson  
Ryan Kemp  
Rebecca Kalandovsky  
Jillian Koravos  
Kristin Korsberg  
Norbert Lazar  
Eric Lee  
Megan Mahesh  
Rajit Malhotra  
Shawn McDermott  
Annelise Mesler  
Colin Ng  
Hannah Nichols  
Crosby Nordblom  
John Nugent  
Valerie Peacock  
Lisa Portney

Continued on page 33

## Phillips Academy



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# Townspeople

## SOCIAL NOTEBOOK

### AVIS annual dinner March 12

The Andover Village Improvement Society (AVIS) will hold its annual dinner meeting Tuesday, March 12, at Andover Country Club. Following a social hour at 6 p.m., there will be a dinner and a brief business meeting at 7 p.m.

Christopher Leahy, director of the Massachusetts Audubon Center for Biological Conservation and a professional conservationist for more than 30 years, will address the group at 8:15 p.m. Leahy titles his address, "The Nature of Massachusetts." His interests in natural history are comprehensive, and organizers say he is a recognized authority on birds and insects. His natural history books owe their popularity to his ability to describe the living world with clarity and wit.

Leahy has designed and led natural history explorations to more than 60 countries on all of the continents. He is especially fascinated with the world's great remaining wilderness areas and biodiversity hot spots, such as the Antarctic, Mongolia, Madagascar and Bhutan.

The cost of the dinner is \$25 per person. RSVP by March 1, and make checks payable to AVIS. Mail checks to Elizabeth Poland, 22 Wolcott Ave., Andover, 01810. For further information, call 978-475-6159.

### Dreamcoat at South Church

The South Church Players present *Joseph and the Amazing Technicolor Dreamcoat* next weekend, March 8 and 9 at 8 p.m., and March 10 at 2 p.m. at South Church, 41 Central St.

The music is written by Andrew Lloyd Webber, and the lyrics by Tim Rice. Profits will benefit Lazarus House in Lawrence. Tickets are \$8 in advance, available at the Church office; and \$10 at the door.

### Auction aids scholarship fund

The March meeting of the Shawsheen Village Woman's Club will be held on Monday, March 4 at 1 p.m. at Marland Place.

A pound auction will be held to benefit the club's scholarship fund. Each member brings a wrapped item that weighs one pound and costs \$5.

Sue Corcoran, club member, is the auctioneer. According to organizers, bidding "is usually brisk and profitable."

The SVWC met Friday Feb. 1 at the Andover Historical Society. Bea Morreo, president, presented the society with SVWC programs dating from 1923 to 1950.

These will be included in an upcoming exhibit "Abolition to Andover," which is about women active in Andover.

The exhibit opens tomorrow, March 1, continuing through April 26. (Story, page 25.)

Julie Mofford, director of education and acting curator of the society, was the guest speaker.

Mofford gave a talk about Andover witches. Between January 1692 and January 1693, there were 117 Andover women and 39 Andover men accused and imprisoned. More people were accused and tried in Andover than in any other New England town.

In the 17th century, the accused were considered guilty until proven innocent. Townspeople led the resistance to stop the witch trials in Andover.



Julie Mofford

## Rock around the clock

By Ben Hellman

**K**ATHERINE ROBERTS WILL START dancing at 7 p.m. on Friday, March 8 and keep going until Sunday morning.

The Northwestern University student and Andover resident is dancing for sick children. This is Roberts' second time participating in the Northwestern University Dance Marathon.

On dancing for 30 hours straight, Roberts says, "I'm pretty good without sleep, but it's still tough."

This year, the students will dance for the Friends for Steven charity, benefiting the treatment of pediatric neuroblastoma, an aggressive cancer of the sympathetic nervous system.

The 30 hours is divided into three-hour theme blocks featuring themes like oldies or '80s music, and the students are encouraged to change clothes for awards. Roberts calls the experience "a real rush."

Roberts will have the opportunity to jump in a shower stall for 90 seconds during the marathon to help revive her. "It's hard when the sun comes up," she says, remembering last year's marathon. "I felt fine, (then) I got back to my room and passed out."

But Roberts is looking forward to raising money for the charity. "My feet were really sore, (but) it's a really good feeling," she says.



Katherine Roberts (left) and her dance partner Paula Dohnal bake cookies to finish raising money for Northwestern's dance marathon.

Each student participating seeks sponsors for the marathon. Roberts and her dance partner, fellow student and friend Paula Dohnal, have raised \$500 in pledges so far this year.

Roberts is no stranger to service work. She was a frequent volunteer in the Andover community and abroad while she was a student at Phillips Academy.

She volunteered her time with the Association for Retarded Citizens, playing games and spending time with

the mentally retarded. She spent a month in Costa Rica building a community kitchen, and was active with the Andover-Lawrence String Program.

On being at Northwestern, Roberts said, "It's tough being at a big university. Phillips was such a microcosm. Teachers are more than teachers."

She says Phillips students are often invited to teachers' homes for dinner, while things are different at a large university.

## 'Welcome relief' links up local moms

By Rebecca Piro

The first time that the Mother Connection called then-new-mom Sheila Graham, she told them she wasn't home, and almost hung up.

"I thought it was a telemarketer," she says.

When she realized the person on the other end wasn't trying to sell her anything — rather, the caller was reaching out to overworked moms like Graham — she changed her tone quickly.

"I was like, 'It's me! I'm lying!'" Graham laughs. "I didn't want to hang up the phone. That's how desperate I was."

Joining the Mother Connection was a "life saver" for Graham, who found herself overwhelmed by the responsibility and commitment of being a new mother. That was four years ago. Today, the mother of two and president of the Mother Connection is working to save other moms in need of relief.

Founded 20 years ago, the Mother Connection is a way for moms to find playmates for their kids, and to find adult friends in the same boat.

"Just to go through this phase of your life with a group of women who are doing the same thing is amazing," she says. "It's just really like a life saver for a mother."

The Mother Connection is a 700-

member organization with moms spread throughout the Merrimack Valley, but mostly in Andover and North Andover. For \$25, moms can join the Mother Connection, receive its

newsletter printed about nine times a year, and sign up for educational workshops, seminars and play groups.

Graham started her involvement

Continued on page 34

### \$10,000 goal for Mother Connection's Winter Gala

Mother Connection members can leave the kids at home for an evening of adults-only fun at the first annual Winter Fundraising Gala this weekend.

The dress is semi-formal Saturday night at the Holiday Inn in Tewksbury, where moms and dads will have dinner, dancing and an opportunity to bid on silent-auction merchandise. The event is \$40 per person. Proceeds will support the Mother Connection's educational workshops, seminars, children's playspace and resource materials, says Sheila Graham, Mother Connection president.

"We're hoping (to raise) around \$10,000. That would be amazing," says the Aspen Circle resident. Up for bid are gift certificates to local restaurants and stores, spas and catered dinners. "It's over \$17,000 worth of stuff," she adds.

The money raised will help lower the cost of programs offered to the

Mother Connection members. It costs \$25 per year to belong, and each workshop can cost between \$10 and \$15. Some week-long series can cost more than that, Graham says.

"We're hoping that if we raise the money we can make the workshops free, or (available at) a very, very nominal (price)," she says.

The money will also go towards the rental cost of space at the Kids' Club/SHED building on Phillips Street, where the Mother Connection holds an open playtime twice a week.

Dads are welcome to participate in programs too, though not many have chosen to do so thus far, Graham says. This weekend's first annual fundraiser will be an opportunity for men to accompany their wives and get involved. Graham expects about 125 couples at Saturday's Gala.

Tickets for the fundraiser are available by calling Casey Strunk at 978-974-0787.



## FIRST BIRTHDAYS

John Richard  
Walsh Jr.William Lucas  
Walsh

William Lucas Walsh and John Richard Walsh Jr. celebrated their first birthday on Feb. 23. They are the sons of John and Mary Walsh of Lowell Street. Grandparents are George and Dolores Lucas of Bedford, N.H., and William and Eileen Walsh of Andover. Great-grandmothers are Gertrude Lucas of Bedford, N.H., and Cecile McCarthy of Andover. Billy and John have eight cousins and are big Red Sox fans.

Nicholas Anthony  
Rozzo

Nicholas Anthony Rozzo celebrated his first birthday Feb. 8. He is the son of Jason and Kathy (Doran) Rozzo of Dover, N.H., and the grandson of Dennis Doran of Buchan Road, and Joe and Bonnie Rozzo of Cornish, N.H. Nicholas loves books and his bath time. He also loves rides in his wagon and sled.

Emma Elizabeth  
Berube

Emma Elizabeth Berube celebrates her first birthday today, Feb. 28. She is the daughter of Chris and Susan Berube of Korinthian Way. Grandparents are Jane Wilson of Acton, Arthur and Pat Berube of North Andover, and Roger and Donna Wilson of West-on, Conn. Emma enjoys playing with her big brother Peter, 3½ and going for walks.

Aidan Patrick  
McBride

Aidan Patrick and Ryan Peter McBride celebrated their first birthday 02/02/02. Their parents are Claudine and Shamus McBride of Andover. Grandparents are Daniel and Anna Bono of Woburn and Anthony and Ruth McBride of Adams. They also have a 3-year-old sister, Julia. Aidan is a happy little boy who loves giggling and playing with his big sister, splashing in the tub and flirting with all the girls he meets. He also enjoys getting into mischief and climbing up the stairs whenever he can. Ryan loves to "walk," play ball and get into mischief in the bathrooms. He also likes playing peek-a-boo and dress-up with his big sister, and chasing his brother up the stairs.

Ryan Peter  
McBrideEleanor Rose  
Yates

Eleanor Rose Yates turned 1 on Feb. 19. She is the daughter of Chris and Aileen Yates of Elm Street. Grandparents are Aileen Crowley of Belmont and Barbara Yates of Missouri. Great-grandmother is Helen Smith of Missouri.

Matthew John  
Potts

Matthew John Potts turned 1 year old on Feb. 24. He loves to play with his big brothers Frank 6, and Michael, 4. He keeps his parents Kathy and Chris very busy. Matthew enjoys climbing and getting into mischief.



◀ Lillian Helena Finegold-Sachs, known as Lillie, was born Feb. 5, 2001 in Washington, D.C. Her parents are Joni and Daniel Finegold-Sachs, of Alexandria, Va. Grandparents Sondra and Michael Finegold live in Andover as does Uncle Barry Finegold and his fiancée Amy Gottesman, and Aunt Diana (who goes to George Washington University, and sees Lillie often). Lillie's other grandparents are Sid and Arlene Sachs of Virginia. Lillie also has a great-grandpop Milton Finegold, and great-grandparents Marian and Meyer Shapiro, who live in Florida. Lillie loves to play with her toys and friends.

.....  
Lillian Helena Finegold-Sachs (at left and below).



Fourth generation - Encircling Lillie Finegold-Sachs (center) are clockwise, from left: aunt-to-be Amy Gottesman (who is engaged to Barry Finegold), mom Joni Finegold-Sachs, aunt Diana Finegold, grandmother Sondra Finegold, and great-grandma Marian Shapiro.

## FIRST BIRTHDAYS

~ 2002 KEY DATES ~

## ISSUE DATE

March 28  
April 25  
May 30  
June 27  
July 25  
Aug. 29  
Sept. 26  
Oct. 31  
Nov. 28  
Dec. 26

## PHOTO DEADLINE

March 22  
April 19  
May 24  
June 21  
July 19  
Aug. 23  
Sept. 20  
Oct. 25  
Nov. 22  
Dec. 20

BABIES CELEBRATING THEIR FIRST BIRTHDAYS, affiliated with Andover, may have their pictures in the *Townsmen* free. They will normally appear in the issue dated the last Thursday of the month, in the month of baby's first birthday. All babies having a March 2002 first birthday will be published in the March 28 issue. All photos must be received by 5 p.m. Friday, March 22. Births are printed the first Thursday of the month.

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# Modern life: Three priests' stories

**W**EEKLY CONFESSION. That's why I had walked the mile to church on that bitterly cold Saturday afternoon in February. And even though I was 11, I was happy to be in this old building that smelled of mahogany and incense. For here, I was out of the cold. In a place that was safe. And warm. And quiet.

I rushed through my confession. It was the same one I made every week, about lying too much and fighting with my brothers and disobeying my parents. Then I did something I had never done before.



**Lorraine Lordi**

Instead of saying my Hail Marys and rushing home, I sat down in the back pew and closed my eyes. Just for a minute. I thought. A little rest before I had to feel the chill again. Or hear the masses again.

The next thing I remember was a soft touch on my shoulder and Father O'Neill's eyes twinkling down at me like stars: "So, Lorraine, are you planning on bunking here all night?"

I grinned sheepishly and sat up. "I'm sorry, Father. I didn't mean to fall asleep."

He put his arm gently around my shoulder: "Don't worry. Come and rest here whenever you like. Whenever you need."

I remember on my walk home that afternoon how clear and fresh and new the winter air smelled. And how completely warm I felt.

"I don't know what's wrong," I told my friend Mike. "Nothing much matters any more."

"Maybe you should talk to someone," he said.

"Like who?" I asked. For it was a time in my life - my junior year in college - when I had lost faith in just about everything. Myself included.

"Father Griffin," he said.

"Maybe," I shrugged. But I didn't think I would. After all, this sadness inside of me - if that's what it was - would eventually pass. Wouldn't it?

I figured, though, that it couldn't hurt to walk past

Father Griffin's room on campus, the room that everyone at Notre Dame knew how to find. Not that he would still be awake. It was too late.

But despite the midnight hour, the light in his room still burned brightly. Timidly, I tapped on his door. His voice called out with cheer, "Please, come in."

So in I went. And we talked. To be more honest, I did most of the talking while he, the big, round priest whose office served as a sanctuary for students, sat on the couch next to me - and listened.

"Thanks," I hugged him when I was leaving. "I'm feeling much better now."

As I was heading out, I heard another little knock.

Then I heard Father Griffin say, "Come in. The door is open."

Plum. It was my father's favorite - and only - nickname for me. When he passed away one year ago, I wrote an article that same week about how much I was going to miss him. And about how much I was especially going to miss him calling me every so often just to say, "Hey, Plum. This is Dad."

Because, you know. That's how it is with nicknames. They make you feel like in this huge world, you're someone special - at least to someone. So when Dad died, I never expected to hear anyone call me Plum again.

The Sunday after that article came out, though, I was sitting in the last pew at Holy Cross Church in East Derry. It was a good spot, I figured, to be alone. Except that instead of feeling comforted, I felt lonely. And sad. Near tears. As if my heart were melting.

Then it came time for the handshake of peace. Truthfully, I didn't feel much like turning to my neighbors and wishing them well. But before I could lower my eyes and sneak into my shell, Father Roger came quietly down from the altar and hobbled all the way to the back of the church. All the way back to where I stood.

"Peace be with you," he smiled, stretching out his hand to me. And then he looked into my eyes and added, "Plum."

► Lorraine Lordi is an Eagle-Tribune Publications columnist.

## Full slate at historical society

The Andover Historical Society will host a wide range of programs and activities during the month of March. A full listing of events can be found on its Web site at <[www.ultranet.com/~andhists](http://www.ultranet.com/~andhists)>, or by calling 978-475-2236.

Through March 15, visitors can come find their inner child in the works of Andover artist Robin Hansen, an internationally published children's book illustrator. Hansen's work is on display the latest in the Historical Society's Contemporary Andover Artists series, which features a different local artist every few months.

Tomorrow, March 1 at 7 p.m., the Andona Society will host the opening celebration for a collaborative exhibit, "Woman Active for Andover: From Abolition to Andona." The exhibition which runs through April 26 draws on the collections of the Andover Historical Society and members of the Andona Society illustrates the history and successes of women's civic organizations from the early 19th century to today. (See page 25.)

On Saturday, March 9, the historical society goes on the road to tour three historic homes in Hartford, Conn. Participants will tour the homes of Harriet Beecher Stowe, Mark Twain, and Noah Webster, three important figures in American literature and letters. The bus leaves 97 Main St. at 8:30 a.m. and returns to town at 6 p.m. The cost is \$50 for members and \$65 for non-members. This program is co-sponsored with the North Andover Historical Society.

Master craftsman John Ross will teach another four-session course on Woodworking with 19th-century Hand Tools, starting Saturday, March 16, 10 a.m. to 1 p.m. One-on-one instruction makes this a course for the beginner or the experienced woodworker. Students work on their own projects under the guidance of Ross. Pre-registration is required. Fee is \$70 for members and \$85 for non-members.

On March 20 the historical societies director of education and research, Julie Mofford, will present a noontime lecture on "Samuel Francis Smith and His Song: America." Drop by for this entertaining talk on one of Andover's own. This presentation is offered free to members; \$5 for non-members.

Looking ahead, volunteers are needed for the historical society's popular Life in the 1820s school program, which runs Tuesdays and Thursdays, 9:30-11:30 a.m. from April 23 through June. Volunteers trained to play roles of 19th-century housekeepers, farmers, firefighters, shopkeepers, or printers, and to lead hands-on learning experiences. This program, now in its 21st year, is part of the Andover school curriculum.

To sign up for a session, call Julie Mofford at the historical society at 978-475-2236.

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# Arts & Entertainment

## Looking back on the lighter side

### Women's History Month exhibit celebrates Andona

By Judy Wakefield

From fighting to end slavery to creating the wildly popular Clown Town festival, Andover women have made a variety of contributions to Andover history.

During March — Women in History month — such accomplishments will receive special recognition in a downtown exhibit.

Andover's popular women's

club — the Andona Society — has teamed up with the Andover Historical Society to stage a show highlighting the impact women have had on the town.

Called *Abolition to Andona: Women Active in Andover*, the show is a small, but marvelous walk down memory lane with an emphasis on Andona's contribution to Andover. Housed at the

Historical Society on Main Street, the *Abolition to Andona* exhibit features all sorts of tidbits from Andona's early days.

This year marks Andona's 50th anniversary. Since 1952, this Andover institution has been raising money to pay for programs that help Andover kids, such as a swimming program for the handicapped and campships for middle-schoolers who need help paying for summer camp.

The group's most visible annual fundraiser, Clown Town, gets lots of attention in the exhibit, with two clown suits from the 1970s on display and a few photographs from Clown Town days gone by.

"I wore this in 1974," giggled Norma Gammon, a former Andona member, as she posed with her homemade pastel pink and green clown suit, which is part of the exhibit. "And, I was pregnant."

Now, she is getting ready for her grandson's first birthday party.

Like many former Andona members, she has wonderful memories of being involved with the group. For Gammon, and most likely many other Andover women, the exhibit ignites such sweet memories.

"We used the back end of a vacuum cleaner to blow up all those balloons for Clown Town. We did it in the old Jackson School until our fingers were raw," she laughed.

Bits of Andona history included in the exhibit include notes from the group's very first meeting in 1952. Liz Yeaton, now a resident of Edgewood retirement community in North Andover, wrote about an Andona bake sale held at the Andover Coal Company. She also took notes during a barn dance held on Halloween night that year. Tickets to the group's first fashion show were \$1.20 and featured Weiner's Furs, and hats galore. It was held on April 22, 1952.



This painted clown was a bean-bag game at one of the earlier Clown Towns.

Those notes show that Andona's first year netted \$262.07 for youth programs. Today, that amount exceeds \$50,000 a year.

Vacuum hoses for balloons have given way to helium tanks and fashion show tickets have escalated to \$40 per person for this year's gala show. Annual Andona ball tickets were \$15 for a couple in 1974; this year they were \$150 per couple.

Time does indeed march on.

But taking a step back and reflecting on the past will certainly be fun for many Andoverites. The historical exhibit is simple and small, but Andover itself was described that way years ago.



Norma Gammon, former Andona member, poses with a handmade suit she wore for Clown Town in 1974.

**What:** *Abolition to Andona — Women Active in Andover*

**When:** Opening reception Friday, March 1, at 7 p.m. Exhibit open through April 26

**Where:** Andover Historical Society

"This is just a great way for us to celebrate 50 years," said current Andona president Lisa McDonald as she read the old notes. "All along, our commitment has been to different youth groups in town and it's great that so much of the early days has been documented."

## Spotlight on drama competition

AHS students to perform this weekend at Mass. High-School Drama Fest



Actor Pat Dolan (left), personifying hate, manipulates actor Jeff Kane into action.

Andover drama students are gearing up to perform this Saturday, March 2 at the Massachusetts High School Drama Festival's preliminary round of competition.

The competition runs from 9 a.m. to 6 p.m. and Andover High School's drama guild will present the group-written *Still I Rise*, which is based on the Maya Angelou poem of the same title.

The Collins Center has been "a really busy place" this week, says AHS drama teacher Susan Sepich.

Each of the seven schools

competing has an hour to rehearse its piece at the center and have a technical run to feel comfortable with lighting and the theater space.

When asked how the students felt about the competition, Sepich says, "We're excited."

The curtain will rise on *Still I Rise* at 1 p.m., and doors to the theater will be locked once the performance begins.

Sepich says that a monitor will be set up in the lobby in case a parent is late.

— Ben Hellman

## AMATEUR ARTISTS



Inspired by artist Maurice Prendergast, Kelsey and Haley Lynch create their own works at Phillips Academy's Family Program during school vacation week.

## EVENTS CALENDAR

## Thursday, Feb. 28

**Live Ragtime music**, \$24.50-\$43.50, 8 p.m., Lowell Memorial Auditorium, 50 E. Merrimack St., Lowell; 617-931-2000, 978-454-2299.

**Exhibit opening, Women: Struggle, Survival, Triumph**, Ayer Lofts Art Gallery, Lowell; 978-453-1137, <www.ayerlofts.com>.

**Live comedy**, Patti Ross, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

## Friday, March 1

**Live guitar show**, featuring three-time

Juno Award nominee Oscar Lopez, \$15 advance, \$18 door, 8 p.m., Rogers Center for the Arts, Merrimack College; 978-837-5355.



Bonnie Greenberg

**Storyteller Bonnie Greenberg**, 7 p.m., Andover Bookstore, 89 Main St.; 978-475-0143.

**High school drama festival**, featuring Andover High students, \$6, 9 a.m.-5:30 p.m., Collins Center for the Perform-

ing Arts; 978-623-8642.

**Live chamber music**, Phillips Academy Cantata Choir and Chamber Orchestra, free, 7:30 p.m., Cochran Chapel; 978-749-4263.

**Exhibit opening**, new works by gallery artists, Churchill Gallery, 6 Inn St., Newburyport; 978-462-9891.

**Irish tenor John McDermott**, \$26-\$32, 8 p.m., Lowell Memorial Auditorium, 50 E. Merrimack St., Lowell; 978-454-2299, <www.lowellauditorium.com>.

**Joseph and the Amazing Technicolor Dreamcoat**, Pingree Players featuring Aaron Nossiff of Andover in the lead role, \$6-\$8, 7:30 p.m., Pingree Center

for the Performing Arts, Pingree School, Highland Street, South Hamilton; 978-468-2194.

**Live comedy**, 9:30 p.m., Frank Santorelli, Harrison Stebbins, Ross Garmil, call for prices, Comedy Escape at the China Blossom, North Andover; 781-938-8088.

**Live comedy**, Ted Alexandro, Dave Russo, Larry Lee Lewis, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

## Saturday, March 2

**Silent auction**, benefits Merrimack Valley YMCA programs, 6:30 p.m., \$30 per person, Wyndham Andover.

River Road; Elizabeth Covino 978-725-668.

**Live music**, featuring Mixed Company of Yale University, free, 7:30 p.m., Cochran Chapel, Phillips Academy; 978-749-4994.

**Gallery reception**, new works by gallery artists, 2-6 p.m., Churchill Gallery, 6 Inn St., Newburyport; 978-462-9891.

**Live music**, with Joyce Anderson, \$8, Dragon Gallery & Cafe, 59 Washington St., Haverhill; 978-372-5441.

**Live comedy show**, Angelo and Angel's Whacky Italian Wedding, \$40 pre-paid and includes dinner, 7 p.m., Amesbury Playhouse, 194 Main St., Amesbury; 978-388-9444.

**Live comedy**, 9:30 p.m., Frank Santorelli, Harrison Stebbins, Ross Garmil, call for prices, Comedy Escape at the China Blossom, North Andover; 781-938-8088.

**Live comedy**, Ted Alexandro, Dave Russo, Larry Lee Lewis, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

**Joseph and the Amazing Technicolor Dreamcoat**, see March 1 entry.

## Sunday, March 3

**Live piano music**, featuring Triple Helix, \$15 advance, \$18 door, 2 p.m., Rogers Center for the Arts, Merrimack College; 978-837-5448.

**Opening reception, Women: Struggle, Survival, Triumph** exhibit, 3-6 p.m., Ayer Lofts Art Gallery, Lowell; 978-453-1137, <www.ayerlofts.com>.

**Antique appraisal**, benefits programs for handicapped children at Ironstone Farm in Andover, \$20 per family, 4-7 p.m., Lenzi's Catering and Functions, Route 110, Dracut; Deedee O'Brien 978-475-4056.

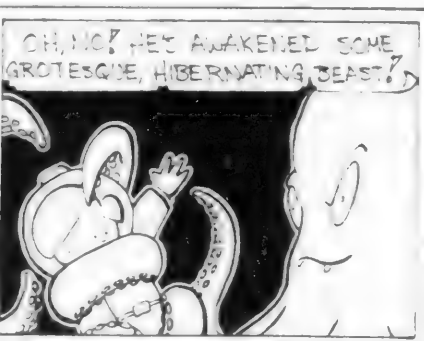
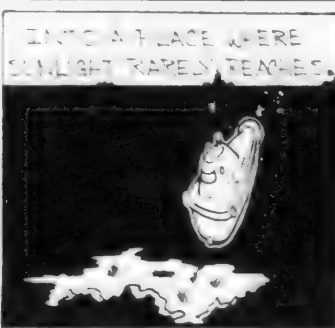
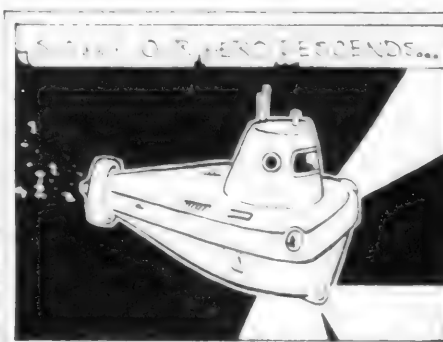
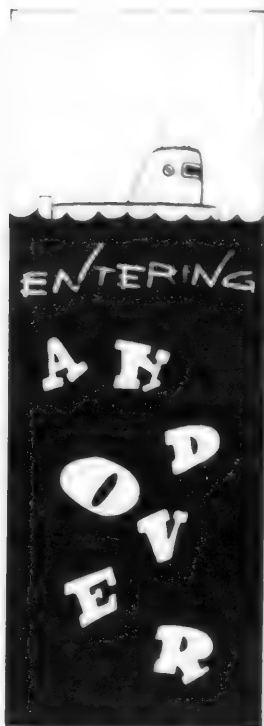
**Storyteller, singer John McCutcheon**, \$9, 2 p.m., UMass Lowell, Durgin Hall, 35 Wilder St., Lowell; 978-9340-4444.

**Video lecture**, on Bread and Roses

Continued on page 27

## ENTERING ANDOVER

By Neil Fater and Don Mathias



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## ELEANOR ROOSEVELT PART 3

By Elena Dodd

Sunday, March 10, 2002 at 2:00p.m.,  
At the Lawrence Public Library

In a return engagement, actress and author Elena Dodd again becomes Mrs. Roosevelt. During the years after Franklin's death in 1945, the former first lady learns to cope with life on her own as she undertakes her new career as world traveler, Democratic Party advisor, and United Nations Delegate.

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## EVENTS CALENDAR

## ■ FEB. 28 THRU MARCH 10

Continued from page 26

Strike of 1912, free, 3 p.m., Stevens Memorial Library, 345 Main St., North Andover, 978-688-9505.

Live a cappella music, with Jennifer and Amy D'Onofrio, \$5, 3 p.m., Dragon Gallery & Cafe, 59 Washington St., Haverhill; 978-372-5441.

Live jazz, Phillips Academy Jazz Band, free, 3 p.m., Kemper Auditorium, Phillips Academy; 978-749-4944.

Gallery talk, with John Beardsley, 2

p.m., Addison Gallery of American Art, Phillips Academy; 978-749-4027.

Benefit raffle, for AIDS-related charities, 9 a.m.-1 p.m., Starbucks, 14 Main St., Andover; Michelle Baker 978-337-3128.

Live comedy, Patti Ross, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

Joseph and the Amazing Technicolor Dreamcoat, 2:30 p.m., see March 1 entry.

## Monday, March 4

Lecture for serious Jewish study, with Professors Eugene Sheppard of Brandeis University and Asher Berman of Harvard, free, 7:30-9 p.m., Temple Emanuel, 7 Haggetts Pond Road; 978-470-1356.

Meeting, Shawsheen Village Woman's Club, 1 p.m., Marland Place, Stevens Street; <dcjohnson7@aol.com>.

## Tuesday, March 5

Andover Garden Club meeting, featuring garden designer Maria von Brincken, \$5 non-members, 12:30 p.m., Unitarian Universalist Congregation, 6 Locke St.; 978-475-0426.

Live Brazilian jazz, with El Eco, \$5, 7:30-10:30 p.m., Casa Vecchia Restaurant, Rte. 97, Salem, N.H.; 603-893-6553.

Computer technology career night, 6:30 p.m., North Shore Community college, 1 Ferncroft Road, Danvers; 978-236-1200.

Maritime lecture, on dolphin rescues with Gregg LaMontagne, of National Marine Fisheries, 7 p.m., Newburyport Maritime Society, 25 Water St., Newburyport; 978-462-8681.

## Wednesday, March 6

Live Irish music, with Liam Clancy and Robbie O'Connell, \$15 advance.

Continued on page 36

## An evening of jazz and swing presented by Friends of Memorial Hall Library

THE FRIENDS OF MEMORIAL HALL LIBRARY will present Jazz at the Hall, an evening of jazz and swing, featuring the performance of vocalist Donna Byrne and the Marshall Wood Band at Old Town Hall, 20 Main St., on Saturday, March 16, at 7:30 p.m.



Donna Byrne

Donna Byrne can take her listeners on a journey down new musical avenues, organizers said, "by using a wide range of deep, soulful vocal talents and a true artist's feel for interpretation and improvisation." She has warranted high praise from numerous publications such as *Jazz Times*, which wrote, "Donna Byrne is one of the best singers currently on the scene."

Singer Tony Bennett has described her as "one of the best young jazz singers in the country today."

Byrne grew up with music and was encouraged by her father to sing and perform at the age of 2. She first

emerged as a professional singer on Cape Cod 25 years ago.

She is married to Marshall Wood, lives in Marshfield and has raised three children.

Byrne's fifth and latest CD is *Don't Dream of Anybody But Me*, and according to Cadence, offers a varied program of ballads and swing.

Proceeds from the evening's performance will benefit the many library programs and services sponsored by the Friends. Admission is \$15, and includes refreshments. There will be a cash bar.

Tickets can be purchased at the Andover Bookstore, Carriage House Photography and Memorial Hall Library.

Call 978-623-8400 for more information.



Teen Funk - Donna Miceli Dance Center students and Youth Dance Company performers will present their annual fundraising show at Tewksbury State Hospital this Sunday, March 3. The 2 p.m. performance will be a free presentation for hospital residents and senior citizens. The 5 p.m. performance is open to the public. Entitled "Move!" the performance covers a wide range of choreography, from ballet, jazz, and tap through modern and hip hop. The patriotic finish is danced to "Proud to be an American." For further information or ticket reservations, call DMDC at 978-446-1450, or 978-851-5552.

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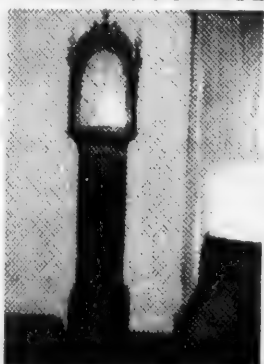
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# Business

## IN BRIEF

### Carroll, Coco assume ownership of local Re/Max Partners office

Tom Carroll and Rick Coco have assumed ownership of Re/Max Partners, previously named Re/Max Preferred, 44 Park St. Re/Max Partners kept the same address, phone and fax.



Tom Carroll



Rick Coco

Carroll is a Certified Relocation Specialist (CRS), and Accredited Buyer Representative (ABR), a Certified Real Estate Internet Specialist (RECS), a candidate for the Certified Commercial Investment Member (CCIM) program and a graduate of the Realtor Institute (GRI). His seven years of real estate experience have all been with Re/Max. He is also president of the Northern Massachusetts Commercial Investment Board of Realtors, past president of the Service Club of Andover and a member of the Finance Committee of St. Robert's Parish.

Coco brings more than 25 years of experience in the real estate industry in both Andover and North Andover, with 10 of those years at Re/Max. A Certified Relocation Professional (CRP), Certified Buyers Representative (CBR) and a graduate of the Realtor Institute (GRI), Coco serves as a member of the Board of Directors on the Methuen Historical Society, is a current member of the Historic District Commission and chairman of the Caravan Committee for the Northeast Association of Realtors (NEAR).

### Raskin on Syracuse board

Fred C. Raskin of Andover, president and chief operating officer of Eastern Enterprises of Weston, is serving as a member of the Accounting Program Advisory Board for the School of Management at Syracuse University. Raskin is a graduate of Syracuse.

Accounting Program Advisory Board supports the School of Management's efforts to provide superior educational opportunities to its students. Members are called upon throughout the year for advice or to participate in school or department programs or planning initiatives. Members serve as advocates for the accounting program and provide counsel and expertise in order to bring alumni, business leaders and other educators closer to the students and faculty in the accounting program and the School of Management.

### Harris named Black Achiever

Dan Harris of Andover was among 59 African American business and community leaders who were honored last month at the 27th Annual Black Achievers Recognition Award Gala at the Boston Marriott Copley Place. Harris is a project manager for IBM Software Group.

The Black Achievers Program strives to recognize and encourage successful African American Professionals who have committed themselves to working with minority youth to develop educational and career aspirations. The honorees, who are nominated by their employers, will serve as volunteers, mentors and tutors for high school and youth programs throughout Greater Boston. The Black Achievers Program was founded by the Harlem YMCA in 1970. The YMCA of Greater Boston started the nation's second program in 1975.

## Eyes on the prize

Web cam, Web site let clients keep an eye on construction of their houses

By Ben Hellman

**W**HEN DOUGLAS WACOME started

Andover building company Wynwood Associates with partner John Fulton 40 years ago, he probably never imagined that one day people would be able to visit construction sites with the help of the nearest computer.

But the information age allows Wynwood Associates to use technology to keep its customers in the loop. It has the capability to use a Web camera to take a picture of a construction site every minute, making the photos available online immediately, says Todd Wacome, Douglas Wacome's son.

"We update the Internet frequently enough for it to be used as a tool," says

Todd Wacome, who has been with Wynwood for 20 years and bought the company in 1991.

Wacome says that the system was meant for contractors, but he found that customers were interested in knowing how progress on the project was mov-

ing along. "(Customers use the system) more than I ever anticipated," he says.

Tracking multiple projects can make it difficult for Wacome to keep up with one client's singular interest in his or her project. But, by posting the information online, he says, "customers are more up to date than I am."

Wynwood Associates' Web site has more than pictures to offer its clients. "We are very open about our journal notes," says Wacome. Details such as

"plaster arrived today" are phoned back to the office or sent online from Wacome's cell-phone browser.

"Even if you don't need it, (it gives) you piece of mind" to have the information available on the Web site, says Steve Mader, a client. Wynwood is building a home in North Andover for him. Mader says he might read from the project's daily log that "they talked to the brick contractors today. They secured the quantity of brick needed for the house."

The site also provides options such as links to paint and fixture companies, so a client can see catalog photos of the toilet, the faucets or the color paint they ordered for the master bedroom.

"Our sins are in there as well," says Wacome. "Everyone knows there are problems (in building projects)."

But he added that with proper communication, customers "feel better about it."



PHOTOS BY TIM JEAN

Lot 88 on Regency Ridge is one of several homes on the street under construction by Wynwood Associates. This view is approximately what the Web cam sees (photo below).

◀ A mailbox houses the Web cam pointed at Lot 88, Regency Ridge. The camera is sited about 30 feet above the ground.



Roger Taft (above) and Theo Mylonas (at right), both of ITS Woodworking, work on the interior of the house. Taft checks that the stair treads are level, while Mylonas does finish work for Wynwood Associates.





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**Professional Profile****Blaire House of Tewksbury**

There are many things that make Blaire House of Tewksbury unique in the Merrimack Valley. Situated in a charming residential neighborhood in Tewksbury, this beautifully landscaped and decorated facility is committed to providing all the services an aging adult may need in one location, including Assisted Living, Adult Day Health, Skilled Nursing Centers, Sub-Acute Care, Alzheimer Care, Respite Care, Short Term Rehab, and Long Term Care. The dedication and commitment of the staff is reflected in the extra effort Blaire House makes to accommodate the special needs of clients and to connect with the community.

Paula Drelick, Assisted Living Director, explains that the impressive range of services means that a change in a resident's needs can be accommodated without the trauma of

moving to another health facility. This also makes it possible for couples to stay together even when their needs differ. Paula says that working at Blaire House is more than just a job. "We care about making the extra effort. Our Assisted Living area is smaller than most, which makes it possible for us to provide more personal care. Meals and housekeeping are provided, and residents are free from the worries and expenses associated with living alone and maintaining a residence. They have time and energy to enjoy as many of our social events as they wish, both on campus and in the community. Also, our Adult Day Health Center is unique in offering help with personal hygiene. Along with the regular day program, which includes breakfast and lunch, we have a beauty salon and give clients showers."

Paula adds that Blaire House is very proud of its involvement in the community. "We host monthly seminars in health issues and special interest topics, including long term health insurance and more fun things like antiques. We are involved with senior centers and public service providers. We also have special events such as the Winter Sweethearts Festival on February 10, featuring sleigh rides, chocolate sampling, music, and more, with proceeds donated to the American Heart Association."

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Joan Browne 1/10/02

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# Sports

## AHS Roundup

# Capping off an outstanding swimming season

By Rick Harrison

Andover High sophomore boys swim team standout Sean Geary capped an outstanding season — one that kept getting better and better — by winning the 500 yard freestyle race at the annual Boys All-State Swimming & Diving Championship Meet held at Northeastern University.

The latest AHS state champ did it with another record-shattering 500 performance, his spectacular 4:41.37 time a personal best eclipsing his North Sectional first-place 4:43.35 by almost two full seconds.

"Sean said early in the season he had a chance to win the state title in the 500 this year," said Andover coach Mark Taffe. "He looked long and hard at the competition out there and came to that conclusion."

Taffe knew it was a possibility, but felt Geary might need one more year before he reached the top of the heap.

"I guess I didn't really believe it would come this season. But obviously Sean knew better than I did."

Geary, who finished among the top six in the 500 as a freshman last year, also swims year-round for the Merrimack Valley Pirates club team.

"He's bigger and stronger this year," said Taffe. "He grew two or three inches and put on some weight."

"In addition to the physical aspect, Sean also puts in the training hours and does the hard work that must be done to win a state championship."

"He has the endurance necessary for the 500," said Taffe, a sprinter freestyler in his competitive days. "And just as important he has the mental strength and attitude needed to be able to maintain the speed and withstand the pain for that distance."

"He swims the 500 at a sprint pace from start to finish — and that's not easy."

Runner-up to Geary was Charles Kinnett of Chelmsford, who competed in the unseeded heat and touched in 4:44.86.

Also in contention was North Sectional runner-up Matt Lovett of Chelmsford, who swam the same seeded heat as Geary and finished in 4:45.04.

"Sean led the race from start to finish," said Taffe. "He inched ahead at the beginning and slowly stretched his lead by split seconds almost every lap."



◀ The talented Geary siblings are making their mark in area high school and club swimming circles, dominating the distance races. Pictured are 13-year-old Jenny (left), 16-year-old Sean (center) and 17-year-old Caitlin (right). Andover High sophomore Sean just won the All-State 500 yard freestyle title with a spectacular swim in the Championship Meet at Northeastern University. His 4:41.37 was the overall best time for both Division 1 and 2 at the State Meet. Sean also won this event at the Merrimack Valley Conference and North Sectional Championship Meets this season. AHS junior Caitlin also won the 500 at the North Sectional Meet, while both Caitlin and Sean consistently place in the top 10 in New England in the 1,000-yard and 1,650-yard free while competing for their club team. The pair have been swimming year-round for the past 10 years for head coach Mike Spring's Merrimack Valley Pirates. Spring specializes in distance training. In March, Sean and Caitlin will compete in the Eastern Zone Sectional Championships at the Goodwill Games pool on Long Island. Younger sister Jenny also consistently places top 10 in New England in her age group in the distance freestyle events.

Geary, whose best time last year was in the 4:54 range, has knocked a remarkable 13 seconds off his time this season.

Although sisters Sally and Connie Brown have made a habit of collecting state swim titles in bunches the past three years, Geary is the first AHS boys state champ since Kevin Riley won both the 50 free (21.75) and 100 breaststroke (1:00.04) titles at Springfield College in February of 1999.

Riley lived in Tewksbury, however, attended Central Catholic and won his state titles when Andover/Central was a cooperative program.

The Andover High girls basketball and boys basketball teams launch play in the single-elimination MIAA Division 1 North Tournaments this week.

AHS boys hockey is also ready to open in the MIAA Division 2 North Tournament.

Boys basketball began last night, after *Townsmen* presstime, with a first-round game against familiar Merrimack Valley Conference opponent Billerica.

The Golden Warriors (15-7) were seeded No. 7 and the Indians (13-7) were seeded 10th.

The rivals met once during the regular season, in the opener for both on Dec. 11, and AHS battled to a hard-fought 67-62 victory at the Dunn Gym.

At presstime it wasn't known if All-Conference choice Dan MacKay, one of the Indians' top players, would be available. He suffered a late-season injury and missed the last few BMHS games.

Kevin Brennan, Bryan Meuse and Christian Tirella are other top guns for Billerica.

The Andover girls (19-1) were seeded No. 1 and received a first-round bye.

They open play tonight at the Dunn Gym (7 p.m.), hosting No. 9 seed Waltham (14-7) which pounded No. 8 Boston Latin 63-40 Tuesday night.

The Lady Warriors enter with a 14-game win streak since suffering their only loss to Walpole, 55-46, back on Jan. 2.

If all runs true to form, Andover should win and likely face MVC rival Lowell in the semifinals this weekend at a neutral site.

The AHS boys hockey team (10-7-3) was seeded 15th in an 18-team Division 2 North field and hosted No. 18 Pentucket Regional of West Newbury (8-9-3) last night (after *Townsmen* presstime) in a preliminary round game at the Merrimack Valley Forum.

If the MV/DCL Division 2 champs won they return to action tomorrow night at the UMass Boston rink in a first round game against No. 2 seed St. Mary's of Lynn (8:15 p.m.).

Andover High hoop teams cleaned up as the Merrimack Valley Conference girls and boys All-Conference and All-Star teams were announced on Tuesday.

Both Division 1 Players-of-the-Year are from team champs Andover, junior guard Jenny Muller for the girls and sophomore guard Chris Vetrano for the boys.

Division 1 Coach-of-the-Year honors went to Jim Tildsley for the girls and Dave Fazio for the boys.

Girls All-Conference choices

include Lady Warriors Ashley McLaughlin, Shannon Sweeney and Megan Pinksten, while sophomore Jack Barrett was one of 10 named All-Conference on the boys side.

Senior Katie Kramer is a Division 1 All-Star for the girls, while juniors Kevin Barrett and Pat Stockwood were named Division 1 All-Stars for the boys.

## ALPINE SKIING

The Andover High girls alpine ski team, undefeated North Shore League champion (10-0), returned to the slopes for the final time this season yesterday (after *Townsmen* presstime) at the MIAA State Championship Meet hosted by Berkshire East Ski Area in Charlemont.

The Lady Warriors' seven-member state team, listed alphabetically, was Kerriann Bartley, Sherri Conrad, Jessica Moody, Brittany Roy, Stephanie Sweeney, Lisa Tylus and Jennie Williams.

Last year the Lady Warriors finished fifth in Massachusetts.

## NSSL Top Individuals

The AHS girls claimed the top three and seven of the top 10 places in the final North Shore Ski League individual rankings.

Stephanie Sweeney was No. 1, Brittany Roy No. 2, Sherri Conrad No. 3, Jennie Williams and Lisa Tylus tied for No. 5, Jessica Moody No. 7 and Kerriann Bartley No. 8.

Others among the top 30 were Lauren Hayes (17th), Mallory Jaracz (22nd), Lauren Underhill (28th) and Sloan McCauley (30th).

For the AHS boys, Ryan Piazza placed No. 11, Jim Green was No.

12, Erik Fosse No. 18 and Justin Roy No. 19.

Also ranked were Conor Lynch (32nd), Ray Bill (35th), Luke Larson (36th), Nick Stamas (37th), Aaron Dynes and Jordan Thibault (tie 38th) and Nels Nelson (40th).

## Interscholastic race

Stephanie Sweeney placed first in the slalom and third in the giant slalom to spark North Shore Ski League champ Andover to first place in the girls division of this annual event held recently at Bradford Hill.

The Lady Warriors piled up 519 points to easily out-distance second place Masconomet Regional of Topsfield at 437.

Rounding out the team finishes were Haverhill (338), North Andover (326), Bishop Fenwick of Peabody (242) and Methuen (145).

Following Sweeney in the slalom were Jennie Williams and Sherri Conrad, who completed a top three AHS sweep.

Jessica Moody placed 7th, Lauren Hayes 8th and Kerriann Bartley 14th.

Conrad was the first Andover finisher in the giant slalom, 2nd overall, and others in the top 10 were Sweeney (3rd), Williams (4th), Moody (7th), Lisa Tylus (8th) and Hayes (10th).

Mallory Jaracz finished 12th and Bartley was 21st.

The AHS boys placed third with 513 points, trailing only champ St. John's Prep of Danvers (685) and North Andover (613) who were regular-season co-titlists.

Masconomet Regional finished fourth (483) and following in

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# GAME SUMMARIES

## GIRLS GYMNASTICS

### NORTH SECTIONAL CHAMPIONSHIP MEET at Westford Academy

**Team Scores**  
1. Beverly 138.45; 2. **ANDOVER** 137.225; 3. Danvers 136.10; 4. Bishop Fenwick 131.40; 5. Marblehead 126.50; 6. Westford Academy 126.325; 7. Peabody 119.55; 8. Lincoln-Sudbury 119.00

**Individual Events (Andover Scorers)**  
(Top 4 Count)  
**UNEVEN BARS:** Kristin Elsmore 9.25; Becky Hass 8.85; Annmarie Cashman 7.85; Jenn Palermo 7.8; Libby Fortier 7.7; Sheri Bernstein 6.55  
**BALANCE BEAM:** Hass 8.85; Bernstein 8.4; Jackie Barry 8.05; Elsmore 8.0; Meghan Harrington 7.7; Cashman 7.55  
**VAULT:** Katie Cail 8.7; Elsmore 8.65; Fortier 8.55; Hass 8.35; Jenn Nisco 8.25; Palermo 8.0  
**FLOOR EXERCISE:** Elsmore 9.1; Hass 9.025; Cail 9.0; Bernstein 8.8; Fortier 8.75; Harrington 8.5  
**All-Around:** Becky Hass 35.075; Kristin Elsmore 35.00

### MVC CHAMPIONSHIP MEET at Dunn Gym

**Team Scores**  
1. **ANDOVER** 142.15 (meet record); 2. Dracut 135.15; 3. Chelmsford 134.50; 4. Tewksbury 129.65; 5. Methuen 119.10; 6. Lowell 110.05; 7. Billerica 95.25

**Individual Events**  
**UNEVEN BARS:** 1. Kristin Elsmore (And) 9.45; 2. Missy Carr (Chel) 9.3; 3. Sheri Bernstein (And) 9.1; 4. Juli Deveau (Drac) 9.0; 5. (tie) Becky Hass (And) & Katie McCabe (Chel) 8.7. **Other AHS Scores:** Libby Fortier 8.55; Annmarie Cashman 8.0; Jenn Palermo 7.8  
**BALANCE BEAM:** 1. Hass (And) 9.3; 2. Carr (Chel) 9.05; 3. Bernstein (And) 8.8; 4. Elsmore (And) 8.75; 5. Ashley Montague (Tewk) 8.6; 6. Jen Paglieroni (Drac) 8.4. **Other AHS Scores:** Meghan Harrington 8.3; Cashman 8.0; Jackie Barry 7.8  
**VAULT:** 1. Elsmore (And) 9.0; 2. Fortier (And) 8.75; 3. Hass (And) 8.7; 4. Brian Lesniak (Drac) 8.6; 5. Katie Cail (And) 8.45; 6. Amy Trager (Drac) 8.4. **Other AHS Scores:** Palermo 8.35; Diana Vining 7.4  
**FLOOR EXERCISE:** 1. Carr (Chel) 9.4; 2. Elsmore (And) 9.2; 3. Hass (A) 9.15; 4. Montague (Tewk) 9.1; 5. (tie) Bernstein (And) & Trager (Drac) 9.0. **Other AHS Scores:** Cail 8.95; Fortier 8.9; Lisa Valleria 7.6  
**All-Around:** 1. Kristin Elsmore (And) 36.40; 2. Becky Hass (And) 35.85; 3. Missy Carr (Chel) 35.80; 4. Juli Deveau (Drac) 34.05; 5. Ashley Montague (Tewk) 33.65; 6. Amy Trager (Drac) 33.50.

### ANDOVER 143.80, SHREWSBURY 130.10 at Dunn Gym

**UNEVEN BARS:** 1. Kristin Elsmore (A) 9.5 (ties school record); 2. Becky Hass (A) 9.4; 3. Sheri Bernstein (A) 9.2; 4. Emily Hwang (S) 8.9. **Other AHS Scores:** Libby Fortier 8.7; Jenn Palermo 8.4; Annmarie Cashman 8.2  
**BALANCE BEAM:** 1. Elsmore (A) 9.2; 2. Hass (A) 8.85; 3. Kira Cowan (S) 8.8; 4. Bernstein (A) 8.7. **Other AHS Scores:** Jackie Barry 8.45; Katie Cail 8.3; Cashman 8.2  
**VAULT:** 1. Elsmore (A) 9.0; 2. (tie) Hass (A) & Fortier (A) 8.6; 4. Cail (A) 8.5. **Other AHS Scores:** Palermo 8.4; Diana Vining 7.2  
**FLOOR EXERCISE:** 1. (tie) Hass (A) & Elsmore (A) 9.4; 3. (tie) Bernstein (A) & Cowan (S) 9.2. **Other AHS Scores:** Cail 9.1; Fortier 8.8; Danielle Lemire 8.2  
**All-Around:** 1. Kristin Elsmore 37.10 (school record); 2. Becky Hass (A) 36.25; 3. Emily Hwang (S) 34.40. **Note:** Andover team score is school record. **Final Record:** Andover 7-0.

## BOYS BASKETBALL

### ANDOVER 85, CENTRAL CATHOLIC 69 at Lawrence

**Andover** — Kevin Barrett 7-0-14, Jack Barrett 5-5-18, Brendan Smith 0-0-0, Chris Vetrano 7-7-26, Chris Brouillard 0-0-0, Jarrett Mackin 0-3-3, Pat Stockwood 6-3-20, Drew Watts 2-0-4, Tyler Richards 0-0-0. **Totals:** 27-18-85.  
**Central Catholic** — Otero 2-0-4, Earley 1-0-2, Martinez 3-4-11, Power 1-0-2, Burkardt 1-0-2, Victor 4-2-12, Sipsey 7-3-21, O'Shea 6-3-15. **Totals:** 25-12-69  
**Halftime:** Andover, 42-32. **3-pointers:** A, Vetrano 5, Stockwood 5, JBarrett 3; CC, Sipsey 4, Victor 2, Martinez 1. **Rebounds:** A, KBarrett 10, JBarrett 7. **Assists:** A, JBarrett 5, Vetrano 4.

### LAWRENCE 79, ANDOVER 67 at Lawrence

**Andover** — Kevin Barrett 7-0-14, Jack Barrett 3-1-7, Anthony Silva 0-0-0, Chris Vetrano 9-6-28, Chris Brouillard 0-0-0, Brendan Smith 3-0-6, Pat Stockwood 2-1-6, Jarrett Mackin 0-0-0, Drew Watts 2-2-6, Tyler Richards 0-0-0. **Totals:** 26-10-67.  
**Lawrence** — Victor 6-5-18, Nunez 6-2-17, Sanchez 1-0-2, Espinal 0-0-0, Lightfoot-Taylor 3-8-14, Fraias 3-2-9, Lora 4-0-8, Gomez 1-0-2, Taveras 4-1-9. **Totals:** 28-18-79.  
**Halftime:** Lawrence, 36-31. **3-pointers:** A, Vetrano 4, Stockwood 1; L, Nunez 3, Victor 1, Fraias 1.

### ANDOVER 63, METHUEN 48 at Dunn Gym

**Methuen** — Stott 1-0-3, Middlemiss 0-5-5, Koerner 2-10-16, Furey 1-0-2, Ambra 4-2-10, Curet 1-6-8, Mora 1-2-4. **Totals:** 10-25-48.  
**Andover** — Kevin Barrett 2-7-11, Jack Barrett 5-0-11, Brendan Smith 2-0-4, Chris Vetrano 8-2-21, Jarrett Mackin 0-0-0, Anthony Silva 0-1-1, Chris Brouillard 0-0-0, Pat Stockwood 5-2-13, Drew Watts 0-0-0, Tyler Richards 0-2-2. **Totals:** 22-14-63.  
**Halftime:** Andover, 30-21. **3-pointers:** A, Vetrano 3, JBarrett 1, Stockwood 1; M, Koerner 2, Stott 1.

### HAVERHILL 58, ANDOVER 57 at Haverhill High

**Andover** — Kevin Barrett 4-2-10, Jack Barrett 2-0-4, Anthony Silva 0-0-0, Brendan Smith 3-0-6, Jarrett Mackin 0-0-0, Chris Vetrano 5-8-20, Drew Watts 0-0-0, Chris Brouillard 1-1-3, Pat Stockwood 5-4-14. **Totals:** 20-15-57.  
**Haverhill** — Molesso 4-7-15, Juarbe 5-1-11, Harris 6-3-16, Scott 1-0-2, Pierre 4-0-8, Dreyer 3-0-6. **Totals:** 23-11-58.  
**Halftime:** Andover, 29-28. **3-pointers:** A, Vetrano 2, Harris 1.

### ANDOVER 76, LOWELL 67 at Dunn Gym

**Lowell** — Leo Martinez 3-1-7, Omar Perez 4-5-13, Dan Rogers 4-2-10, Frederick Kuonkorgo 7-0-15, Ken Pigeon 1-0-3, Mo Morris 0-0-0, Bill Haakenstad 3-2-8, Lucas Wilson 1-0-3, Tom Knuston 1-0-2, Chns Jacks 2-0-6. **Totals:** 26-10-67.  
**Andover** — Kevin Barrett 3-3-9, Jack Barrett 8-5-23, Jarrett Mackin 0-0-0, Brendan Smith 1-2-4, Chris Vetrano 6-14-30, Chris Brouillard 0-0-0, Anthony Silva 1-0-2, Pat Stockwood 3-2-8, Drew Watts 0-0-0. **Totals:** 22-26-76.  
**Halftime:** Tied, 36-36. **3-pointers:** A, Vetrano 4, JBarrett 2; L, Jacks 2, Wilson 1, Pigeon 1, Kuonkorgo 1. **Rebounds:** A, Smith 11. **Assists:** A, Smith 4. **Steals:** A, Smith 3.

### ANDOVER 68, MALDEN CATHOLIC 32 at Dunn Gym

**Malden Catholic** — Dave Dauley 1-0-2, Nick Cappello 3-0-6, Ryan DiPanfilo 4-4-13, Dave Connolly 1-0-3, Jason Parajekas 1-0-2, Mike Copper 0-1-1, Brian Kelly 0-3-3, Mike Knowles 1-0-2. **Totals:** 11-8-32.  
**Andover** — Kevin Barrett 5-1-11, Jack Barrett 5-1-13, Brendan Smith 1-1-3, Chris Vetrano 3-2-10, Anthony Silva 2-4-8, Jarrett Mackin 1-2-4, Pat Stockwood 5-1-13, Drew Watts 2-0-4, Tyler Richards 1-0-2, Chris Brouillard 0-0-0. **Totals:** 25-12-68.  
**Halftime:** Andover, 45-15. **3-pointers:** A, Vetrano 2, JBarrett 2, Stockwood 2; MC, DiPanfilo 1, Connolly 1. **Rebounds:** A, KBarrett 9. **Note:** Career win No. 200 at Andover High for coach Dave Fazio.

## GIRLS BASKETBALL

### ANDOVER 58, SOMERVILLE 47 AT&T Broadband Tournament Championship Game at Boston College High, Dorchester

**Andover** — Merry Fish 1-0-2, Katie Kramer 2-2-6, Jenny Muller 8-6-23, Matia Kostakis 0-0-0, Ashley McLaughlin 4-3-11, Samantha Hughes 0-0-0, Kelly McLaughlin 0-0-0, Shannon Sweeney 3-0-6, Megan Pinksten 4-2-10. **Totals:** 22-13-58.  
**Somerville** — Roneus 4-1-11, Rosetti 2-0-4, Daley 1-0-3, Martin 7-7-21, Perry 3-0-6, Harris 0-2-2. **Totals:** 17-10-47.  
**Halftime:** Andover, 25-21. **3-pointers:** A, Muller 1; S, Roneus 2, Daley 1. **Rebounds:** A, Sweeney 21, Pinksten 16, AMcLaughlin 8. **Assists:** A, Kramer 5, Sweeney 3. **Steals:** A, Sweeney 5, Kramer 4. **Blocked Shots:** Sweeney 2, AMcLaughlin 1.  
**Tournament MVP:** Jenny Muller. **All-Tournament Team:** Ashley McLaughlin. **Scholarship:** Shannon Sweeney (\$250).

### ANDOVER 53, NORTH QUINCY 41 AT&T Broadband Tournament Semifinal Round at Boston College High, Dorchester

**Andover** — Merry Fish 0-0-0, Katie Kramer 2-1-5, Jenny Muller 6-5-17, Matia Kostakis 2-0-4, Ashley McLaughlin 1-5-7, Samantha Hughes 1-0-2, Kelly McLaughlin 0-0-0, Shannon Sweeney 2-0-4, Megan Pinksten 7-0-14. **Totals:** 21-11-53.  
**North Quincy** — Suprey 3-7-13, Lacey 0-3-3, Derrani 1-5-7, Kalil 0-2-2, Sleeth 5-1-12, DeMatto 1-2-4. **Totals:** 10-20-41.  
**Halftime:** Andover, 28-16. **3-pointers:** NQ, Sleeth 1. **Rebounds:** A, Pinksten 13, Sweeney 9, Muller 6, Hughes 4. **Assists:** A, Muller 8, Kramer 3, Fish 2, Hughes 2. **Steals:** A, AMcLaughlin 7, Kramer 6, Muller 2, Sweeney 2. **Deflections:** A, AMcLaughlin 9.

### ANDOVER 89, METHUEN 58 at Timony School, Methuen

**Andover** — Merry Fish 1-0-3, Katie Kramer 2-0-4, Jenny Muller 3-1-7, Matia Kostakis 3-0-6, Ashley McLaughlin 5-2-12, Samantha Hughes 5-0-10, Kelly McLaughlin 2-0-4, Meagan Merinder 1-0-2, Liz Pallotta 2-1-5, Shannon Sweeney 7-0-14, Kerrie Dargan 1-0-2, Megan Pinksten

9-2-20. **Totals:** 41-6-89.

**Methuen** — Kacie Gallo 6-0-14, Belair 5-0-13, Waldie 1-7-9, Iannallo 1-0-2, Apar 3-1-7, Abbasciano 1-0-2, Kristi Gallo 2-0-4, Barker 2-1-5, Marino 1-0-2. **Totals:** 22-9-58.  
**Halftime:** Andover, 48-20. **3-pointers:** A, Fish 1; M, Belair 3, Kacie Gallo 2. **Rebounds:** A, AMcLaughlin 16, Pinksten 8, Sweeney 5, Hughes 4, Pallotta 3. **Assists:** A, Muller 9, Fish 4, AMcLaughlin 4, Hughes 3, Sweeney 3. **Steals:** A, Pallotta 2, Sweeney 2. **Blocked Shots:** A, Sweeney 3.

### ANDOVER 48, HAVERHILL 30 at Dunn Gym

**Haverhill** — Lyons 5-0-10, Sullivan 2-0-5, Laliberte 1-2-4, Brignoe 1-0-2, Pillsbury 2-0-4, Beaton 1-2-5. **Totals:** 12-4-30.  
**Andover** — Merry Fish 1-0-3, Katie Kramer 3-0-6, Jenny Muller 10-1-22, Matia Kostakis 0-0-0, Ashley McLaughlin 4-1-9, Samantha Hughes 0-0-0, Kelly McLaughlin 0-0-0, Shannon Sweeney 2-0-4, Kerrie Dargan 0-0-0, Megan Pinksten 2-0-4. **Totals:** 22-2-48.  
**Halftime:** Andover, 22-9. **Rebounds:** A, AMcLaughlin 10, KMLaughlin 7, Sweeney 6, Pinksten 4. **Assists:** A, Muller 7, Kramer 5, Sweeney 3, KMcLaughlin 2. **Steals:** A, Kramer 3, Muller 2, KMcLaughlin 1. **Blocked Shots:** A, Sweeney 4, Muller 2, AMcLaughlin 2.

### ANDOVER 47, LOWELL 40 at Abraham Gym, Lowell

**Andover** — Merry Fish 2-0-5, Katie Kramer 3-1-7, Jenny Muller 5-5-16, Matia Kostakis 0-0-0, Ashley McLaughlin 1-5-7, Samantha Hughes 1-0-2, Kelly McLaughlin 0-0-0, Shannon Sweeney 2-0-4, Megan Pinksten 2-2-6. **Totals:** 16-13-47.  
**Lowell** — Jenn Scannell 1-6-8, Kayleigh Scannell 2-5-9, Estrella Kulian 4-6-14, Jamie Woodward 1-1-3, Courtney Keefe 2-2-6. **Totals:** 10-20-40.  
**Halftime:** Andover, 24-15. **3-pointers:** A, Muller 1, Fish 1. **Rebounds:** A, AMcLaughlin 10, Sweeney 6, Pinksten 5. **Assists:** A, Muller 6, Kramer 4, AMcLaughlin 3. **Steals:** A, Sweeney 4, Muller 3, Kramer 2, AMcLaughlin 1. **Blocked Shots:** A, Muller 1, AMcLaughlin 2.

## BOYS HOCKEY

### CHELMSFORD 6, ANDOVER 2 at Chelmsford Forum, Billerica

**FIRST PERIOD:** 1. C. Ryan Jenkins 1, Matt Fraser (Steve Valen), 4:04; 2. C. Shawn Reardon 20, Sean Patno, Ted Reardon), 10:17 (pp).  
**SECOND PERIOD:** 3. A. Brian Buckley 2 (Ben Hoerner Tim LeGrow), 8:27.  
**THIRD PERIOD:** 4. C. Chris Apostolakes 4 (unassisted), 0:50; 5. C. SReardon 21 (Todd Fletcher), 3:59 (sh); 6. C. SReardon 22 (Patno, Fletcher), 6:26; 7. C. Fraser 2 (Mark Trahan, Tim Diminico), 9:06; 8. A. John Limauro 6 (Andy Santos, Joe Nasta), 11:56.  
**Andover** 0 1 1 — 2  
**Chelmsford** 2 0 4 — 6  
**Shots by period:** Andover 7-6-4-17; Chelmsford 13-13-17-43. **Goals:** A, Derek Barenboim (43 shots, 37 saves); C, Bryan Castonguay (40 minutes, 14 shots, 13 saves) & Joe Marcaurelle (5 minutes, 3 shots, 2 saves). **Penalties:** Andover 1, Chelmsford 3.

### ANDOVER 6, DRACUT 0 at Janas Rink, Lowell

**FIRST PERIOD:** 1. A. John Limauro 7 (Joe Nasta, Ben Hoerner), 5:28; 2. A. Mike Corey 12 (unassisted), 6:41.  
**SECOND PERIOD:** 3. A. Limauro 8 (Nasta, Hoerner), 3:57.  
**THIRD PERIOD:** 4. A. Corey 13 (Steve Johnson), 4:13 (pp); 5. A. Peter Burbank 11 (Johnson, Corey), 5:32; 6. A. Burbank 12 (Johnson, Corey), 8:05.  
**Andover** 2 1 3 — 6  
**Dracut** 0 0 0 — 0  
**Shots by period:** Andover 11-11-12-34, Dracut 3-3-1-7. **Goals:** A, Peter Loring (40 minutes) & Derek Barenboim (7 shots, 7 saves), 2nd shutout; D, Ed Lavallee (34 shots, 28 saves). **Penalties:** Andover 7, Dracut 4.

### ANDOVER 6, METHUEN 2 at Merrimack Valley Forum, Lawrence

**FIRST PERIOD:** 1. M. Brian Mueskes (Matt Zapanas, Brian Bond), 2:02; 2. A. George Lewis 3 (Tim LeGrow), 11:01 (sh); 3. A. Toby Cohen 1 (Andrew Santos), 12:00.  
**SECOND PERIOD:** 4. A. Mike Corey 14 (Steve Johnson, Peter Burbank), 2:10 (pp); 5. A. M. Jeremy Abdo (Eric MacDonald, Matt English), 6:57; 6. A. Burbank 13 (Johnson, Lewis), 9:15; 7. A. Burbank 14 (LeGrow, Johnson), 10:05 (pp); 8. A. LeGrow 6 (John Limauro), 13:56.  
**THIRD PERIOD:** No scoring.  
**Methuen** 1 1 0 — 2  
**Andover** 2 4 0 — 6  
**Shots by period:** Andover 11-19-13-43, Methuen 12-5-4-21. **Goals:** A, Peter Loring (21 shots, 19 saves); M, Tom Kupka (43 shots, 37 saves). **Penalties:** Andover 9, Methuen 10.

### ANDOVER 4, DANVERS 2 Newburyport Bank Classic First Round at Graf Rink, Newburyport

**FIRST PERIOD:** 1. A. Peter Burbank 15 (Steve Johnson, Mike Corey), 3:48; 2. D. Kyle McCullough (Chris Horn, Eric Fladger), 11:32.  
**SECOND PERIOD:** 3. A. Joe Nasta 5 (Tim LeGrow, Ben

Hoerner), 3:51; 4. D. Matt Gotts (Ryan Hayes, McCullough), 6:17 (pp); 5. A. Hoerner 2 (Nasta, Brian Buckley), 11:05.

**THIRD PERIOD:** 6. A. Johnson 5 (Burbank), 6:32 (sh).  
**Andover** 1 2 1 — 4  
**Danvers** 1 1 0 — 2

**Shots by period:** Andover 9-12-8-29, Danvers 5-9-4-18. **Goals:** A, Peter Loring (18 shots, 16 saves), D. C.J. Sullivan (29 shots, 25 saves). **Penalties:** Andover 8, Danvers 6.

## GIRLS HOCKEY

### ANDOVER 8, MT. ST. JOSEPH'S 0 at Charlestown

**FIRST PERIOD:** 1. A. Adienne Shea 11 (Grace Farnham, 7:32; 2. A. Kim Chandler 3 (Ashley Malins), 9:29; 3. A. Farnham 5 (Ana Maier, Shea), 10:04; 4. A. Malins 5 (Chandler, Katie Seero), 12:27.  
**SECOND PERIOD:** No scoring.  
**THIRD PERIOD:** 5. A. Malins 6 (Shea, 8:40; 6. A. Malins 7 (unassisted), 9:13; 7. A. Allison Abreu 1 (unassisted), 11:52; 8. A. Vanessa Montalbano 8 (Angelica Rotsart), 13:22.  
**Andover** 4 0 4 — 8  
**Mt. St. Joseph** 0 0 0 — 0  
**Goalie:** A. Angelica Rotsart, 1st shutout. **Penalties:** Andover 2, MSJ 1.

### ANDOVER 4, MARBLEHEAD 1 at Phillips Academy

**FIRST PERIOD:** No scoring.  
**SECOND PERIOD:** 1. A. Adienne Shea 12 (Katie Stewart, Grace Farnham), 0:36; 2. M. Holly Clayton (unassisted), 2:13.  
**THIRD PERIOD:** 3. A. Ashley Malins 8 (Verissa Montalbano), 1:20 (pp); 4. A. Allison Abreu 2 (Jacqui Munro, Katie Seero), 10:21; 5. A. Malins 9 (Shea, Montalbano), 14:38 (en).  
**Marblehead** 0 1 0 — 1  
**Andover** 0 1 3 — 4  
**Goalie:** A. Angelica Rotsart (22 shots, 21 saves). **Penalties:** Andover 4, Marblehead 3.

### ANDOVER 5, WILMINGTON 1 at Phillips Academy

**FIRST PERIOD:** 1. A. Katie Stewart 3 (Grace Farnham, Allison Abreu), 5:44; 2. A. Stewart 4 (unassisted), 12:19.  
**SECOND PERIOD:** No scoring.  
**THIRD PERIOD:** 3. A. Jess Leider 2 (Ashley Malins), 6:41; 4. A. Kim Chandler 4 (Megan Finn, Heather Miller), 7:03 (pp); 5. W. Rachel See (unassisted), 8:18; 6. A. Stewart 5 (Farnham, Leider), 13:05.  
**Wilmington** 0 0 1 — 1  
**Andover** 2 0 3 — 5  
**Goalies:** A. Dolly Beechiner (41 minutes) & Angelica Rotsart (4 minutes). **Penalties:** Andover 2, Wilmington 2. **Final Record:** Andover 12-1.

## GIRLS INDOOR TRACK

### ALL-STATE MEET at Reggie Lewis Center, Roxbury

**55-METER DASH:** 16. Jenny Dlesk 7.68  
300: 19. Natasha Camilo 44.05  
600: 7. Stephanie Casper 1:41.16  
4x200 RELAY: 15. Dlesk, Carolyn Berberian, Laura Denison & Camilo, 1:52.-

### STATE CLASS A CHAMPIONSHIP MEET at Reggie Lewis Center, Roxbury

**Top Teams**  
1. Wachusett Regional 56 pts; 2. Cambridge 54; 3. Lexington 27; 4. (tie) Haverhill 21 & Silver Lake Regional 21.  
**ANDOVER 11**  
**Andover Scorers**  
55 METER DASH: 5. Jenny Dlesk 7.70.  
600: 5. Stephanie Casper 1:40.06.  
HIGH JUMP: 6. Natasha Camilo 5'0".  
4x200 RELAY: 3. Dlesk (27.9), Carolyn Berberian (27.7), Laura Denison (27.7) & Camilo (26.9), total time: 1:50.53.

### ANDOVER 72 1/2, METHUEN 13 1/2 at AHS Field House (Andover Scorers)

**50 HURDLES:** 2. Caitlin Murphy 8:0; 3. Chrissy Vanderheiden 8.1  
**50 DASH:** 1. Katie Gustin 6.6; 3. Lauren Dosey 6.8.  
300: 1. Laura Denison 42.4; 2. Allison Shannon 44.0; 3. Hilly Oygard 46.1.  
600: 1. Stephanie Casper 1:38.3; 2. Carolyn Berberian 1:39.8; 3. Emily Korba 1:44.7.  
1000: 1. Emily Pearson 3:09.3; 2. Lindsey Durkin 3:10.9; 3. Alyson Fortier 3:12.2.  
MILE: 1. Bristol Konjoian 6:09.5; 2. Julia Kwoylyk 3:18.2  
2-MILE: 1. Lauren Woo 13:08.7; 2. Jazzy Dingler 13:10.5; 3. Cory Hanson 13:30.1.  
HIGH JUMP: 1. Melissa Parry 4'6"; 2. Becca Fink 4'4"; 3. (tie) Fortier 4'0".  
SHOT PUT: 2. Betsy Miller 29'10 1/2".  
4x400 RELAY: 1. Emily Farmer, Sarah Bartmetter, Amy Stuart & Annie Galebach, 5:08.2.  
**Meet MVP:** Jazzy Dingler.  
**Final Record:** Andover 8-3, 8-2 MVC Division 1.

## AHS ROUNDUP

## ■ ALPINE SKIING

Continued from page 30

order were Bishop Fenwick (382), Haverhill (365), Methuen (287) and Austin Prep (214).

The top performance of the day for the Golden Warriors was Jim Green's 2nd in the giant slalom.

Justin Roy placed 18th, Erik Fosse 21st and Conor Lynch 29th.

Fosse was 9th in the slalom and other AHS scorers included Roy (11th), Doug Heath (19th), Lynch (25th) and Jordan Thibault (27th).

## Bove Memorial Race

Andover High had several outstanding individual performances at this annual race held recently at Bradford Hill.

The format has each skier taking two slalom runs with the combined time determining the places.

In the Junior Division, for freshman and sophomores, the top four from AHS were winner Stephanie Sweeney, runner-up Mallory Jaracz, Lauren Hayes and Kerian Bartley.

On the boys side, Jim Green finished 2nd and Conor Lynch 5th.

Jennie Williams and Lisa Tylus were 1-2 in the Senior Division.

Kayla Fosse placed first in the Middle School Division.

## BOYS SWIM &amp; DIVE

In addition to his victory in the 500 free, Sean Geary also placed fourth in the 200 free at the season-ending All-State Meet.

His 1:46.50 time was a personal-best in that event by 2 1/2 seconds, and Geary has lopped off five seconds in this race this season.

"It's a major accomplishment if a swimmer can lower his time by one or two seconds over the course of a year," said coach Taffe. "For Sean to take five seconds off in the 200 and 13 seconds off in the 500 is amazing."

The sensational sophomore has two more years to chase the North Sectional and overall State 500 free record of 4:36.79 achieved in 1988 by Ethan Saulnier.

Sophomore Nick Saunders also scored for the Golden Warriors with a personal-best 23.38 in the 50 free for 12th place.

The 28 points chalked up by Andover put the locals 14th in a field of 29 schools in the team standings.

Both qualifying AHS relay teams finished 13th and missed scoring by one place.

The 200 free quartet of Saunders, freshman Jon Meltz, senior Capt. Rob Lakow and Geary touched in 1:38.89, while the 400 free crew of Saunders, Meltz, freshman Tim Tuveson and Geary recorded a 3:37.71.

The battle for the team title

came down to the final event, with Chelmsford winning both the 400 free relay and the state championship in that race.

Boston College High was a close second and St. John's Prep of Danvers third.

"It was the most exciting finish to a State Meet since I've been coaching," said Taffe.

## INDOOR TRACK

Although the Andover High boys and girls indoor track teams did not score in the All-State Meet at the Reggie Lewis Center in Roxbury, there were several fine performances by the locals.

Two Warrior athletes barely missed out by placing seventh, senior sprinter Chris Callison running the 55-meter dash in 6.70 seconds and junior middle distance standout Stephanie Casper registering a 1:41.16 time in the 600 run.

"If Stephanie had matched the 1:40.06 she ran in the North Sectionals she would have finished fifth and qualified for the New Englands," said AHS head coach Art Iworsley.

Athletes who place seventh at the All-State Meet can be invited to the season-ending New Englands, scheduled tomorrow (Friday) at the Lewis Center, if any of the top six finishers either cannot go or do not want to go.

"I pleaded our case with the meet officials," said Iworsley, "but apparently the top six in both Chris and Stephanie's events are going (to New Englands)."

Also competing for AHS at the All-State Meet was freshman sprint standout Jenny Dlesk, who posted a personal-best 7.68 time

for 16th in the girls 55-meter dash.

Capt. Natasha Camilo was 19th in the 300 meters (44.05) and the girls 4x200 sprint relay of Dlesk, junior Carolyn Berberian, junior Laura Denison and Camilo was 15th in 1:52.0.

## Brown injured

It was a tough day for senior sprint standout and boys team Capt. Bruce Brown, who is a definite state title threat when healthy.

A false start eliminated Brown from the 55-meter dash, and later he pulled up lame on the lead leg of the 4x200 sprint relay with a recurrence of his strained hamstring injury.

"Bruce had a huge lead when the injury occurred on the second turn," said Iworsley. "He was devastated — not only for himself but for the three other runners (Callison, Mike Donahue and Ajay Sisodia)."

"Obviously injuries happen but Bruce still felt badly," said Iworsley.

This was the event AHS stood the best shot of winning, having finished second at the State Class A Meet a week earlier.

"Bridgewater-Raynham won that race at the Class Meet — but we felt confident we could have beaten their best time," said Iworsley.

## School records

Coach Iworsley reported that Stephanie Casper's Class A time in the 600 meters (1:40.06) and Natasha Camilo's Class A time in the 300 meters (43.33) have been researched and declared girls school records for those distances.

## Girls State Pentathlon

Stephanie Casper, Carolyn Berberian and Natasha Camilo competed in the State Team/Individual Pentathlon at the Reggie Lewis Center this past Tuesday.

Andover did not enter a boys team because three athletes are needed and the only ones who signed up were Sam Nigh and Bruce Brown, with Brown unable to compete because of the hamstring injury.

The events contested are the 55-meter hurdles, high jump, long jump, shot put and either the 800 meters (girls) or 1000 meters (boys).

The AHS girls did well, finishing eighth in a field of 16 teams with 6,676 points.

Individually, in a field of 72 competitors, Camilo placed 21st with 2,395 points, Casper was 28th with 2,258 points and Berberian 46th with 2,023 points.

Camilo ran the 55-meter hurdles in 9.74 seconds for 596 points, cleared 4'9 3/4" in the high jump for 588 points, ran the 800 meters in 2:42.90 for 540 points, soared 14'3 1/4" in the long jump for 391 points, and threw the shot put 20'1 1/2" for 280 points.

Casper ran the hurdles in 9.87 for 572 points, ran the 800 meters in 2:42.96 for 539 points, traveled 14'7 1/4" in the long jump for 416 points, cleared 4'2" in the high jump for 379 points, and threw the shot put 23'10 1/4" for 352 points.

Berberian ran the 800 meters in 2:43.57 for 533 points, cleared 4'4" in the high jump for 429 points, soared 14'8" in the long jump for 421 points, ran the hurdles in 10.95 for 386 points and threw the shot 18'9 3/4" for 254

points.

Prior to this meet, the only event of the five Casper and Berberian had ever competed in before was the long jump while Camilo had only done the high jump.

## Dlesk correction

Andover High Roundups this winter have mistakenly referred to girls sprint standout Jenny Dlesk as "Jenny Delesk." The *Townsmen* regrets the season-long spelling error.

## Team party

The annual AHS track party, for members of both the girls and boys teams, will be held next Tuesday in the AHS cafeteria.

A number of certificates and other awards will be presented at that time.

## GIRLS BASKETBALL

Before Waltham won Tuesday night Andover head coach Jim Tildsley felt pretty sure the Lady Warriors would be playing the Hawks in their tourney opener tonight.

"It's a tough draw for us," said Tildsley. "Waltham started the season 6-6, but is 8-1 in its last nine games."

"One of those wins was against (No. 2 seed) Peabody. They've put it all together at the right time."

AHS also met Waltham in the Division 1 North quarterfinals last year and beat the Hawks handily by 20 points, 63-43.

"We're anxious to get back playing," said Tildsley. "We've been idle a long time (11 days)."

"We gave the girls four days off during vacation week — and went back to practice (last) Friday for the first time since the AT&T Tournament."

To stay sharp, the Lady Warriors scrimmaged Division 3 power Fontbonne Academy (18-2) on Sunday and prep school tourney qualifier Phillips Academy (18-1) Monday. Phillips was a situational scrimmage.

With the AT&T Broadband Tournament wins over North Quincy, 53-41, and Somerville, 58-47, the Lady Warriors finished the regular season at 19-1 (including a perfect 14-0 in MVC Division 1).

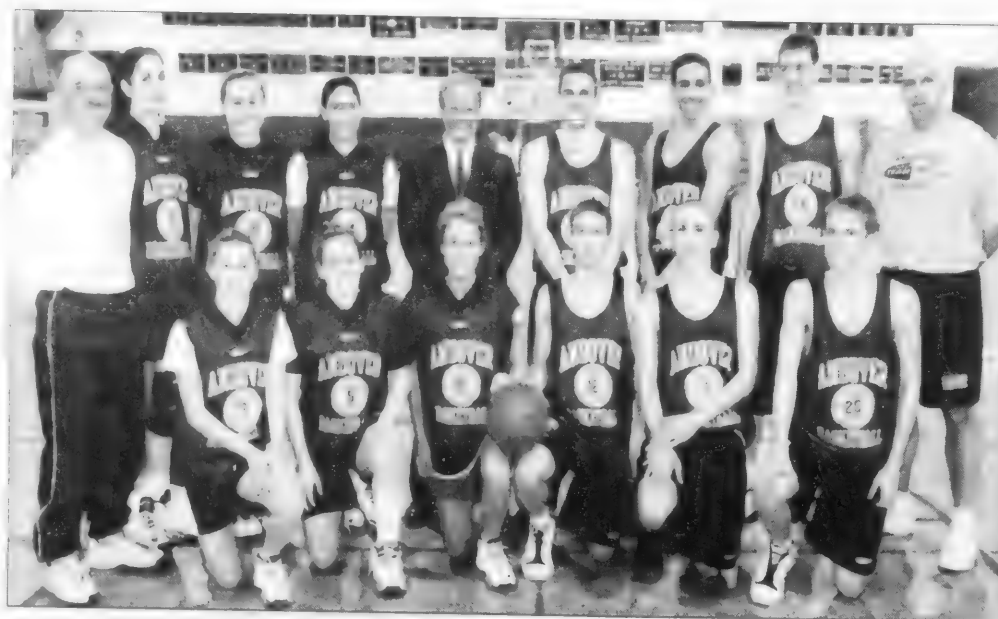
Along the way Andover won the Greater Lawrence Christmas Tournament, AT&T Tournament and captured the conference title.

## Tourney awards

Jenny Muller was voted MVP of the AT&T Tournament, while Ashley McLaughlin was named to the All-Tournament Team and Shannon Sweeney won a \$250

Continued on page 33

## HOOP STARS



Players of the Fortnight award winners for the Warrior and Lady Warrior 2001-02 season are: From left, kneeling (front row): Merry Fish, Katie Kramer, Jenny Muller, Chris Vetrano, Jack Barrett, Kevin Barrett. Standing (back row): Coach Jim Tildsley, Matia Kostakis, Kelly McLaughlin, Samantha Hughes, Ron Hill of Baystate Financial Services, Chris Brouillard, Anthony Silva, Pat Stockwood, and Coach Dave Fazio.

PHOTO BY TIM JEAN



# West Middle honors

## GRADE 6

Continued  
from page 21

Charlotte Purcell  
Laura Renfro  
Megan Richards  
Kate Roman  
Courtney Saia  
Christopher Sartori  
Kenneth Schumacher  
Ryan Sierra  
Jaclyn Stackhouse  
Kathryn Sullivan  
Amberly Tenney  
Joseph Terranova  
Matthew Therkelsen

Victoria Vasilakis  
Rachel Wise  
Simon Ye  
Abigail Zuckerman

### HONORS

Rebecca Adlman  
Jacob Arnold  
Robert Barry III  
Jessica Blum  
David Boudreau  
Lauren Brouillard  
Katelyn Caro  
Katia Chapman  
Cayley Christopher  
Samuel Clark  
Sean Conger

Brittany Conlin  
Francis Conway  
James Crockett  
Marc Crowley  
Evan Doucet  
Andrew Dwyer  
Jessie Eichman  
Brooke Felden  
Alexandra Flint  
Marilyn Fontaine  
Michael Freedman  
Zachary Frish  
Kathryn Gallagher  
Peter Galvin  
Rebecca Ginsburg  
Renee Hamilton  
Conner Hickey

Brittany Hockman  
Binhui Huang  
Lauren Hughes  
Joshua Infantine  
Benjamin Insuik  
Andrew Kahan  
Michael Kasparian  
Elise Korte  
Jason Lasser  
Peter Li  
Catherine LoMedico  
Kelly Mahoney  
Kathryn McDonnell  
Cameron McLeod  
Lauren A. Miller  
Michael Mullen  
Michael Nickerson

Nozomi Oi  
Chijoke Okeke  
Shayna Orent  
Michael Palermo  
Courtney Petzold  
Monica Raffaelli  
Victoria Reilly  
Samuel Rosenberg  
Hillary Samuels  
Stephanie Shin  
Georgianna Shoemaker  
Eric Simpson  
Daniel Solomon  
Michael Stephens  
Ann Sullivan  
Annie Tibbitts  
Paloma Velazquez  
Sydney Venuti  
Alice Wu  
Sharon Yacubowicz

## Designer and street drugs focus of parent talk

Next Thursday, March 7, Parent to Parent will present "Designer Drugs: What Parents Need to Know." Organizers say that in much the same way that children often know more about computers than parents do, they also know more than adults about designer and street drugs.

The local drug scene is constantly changing, organizers say, and keeping up with what's happening in our community can be a difficult task. This program is intended to educate parents so that they can assist their children in making wise choices about drug use.

Facilitating this event is Jeffrey Stewart, a paramedic with more than 15 years of experience in the field of emergency management services. His comprehensive knowledge combined with years of hands on experience, organizers said, "make Stewart an excellent resource for parents and educators."

Members of Andover's health education staff will also be on hand to answer questions. This event, free and open to the public, but designed specifically for parents only, will be held at West Middle School auditorium from 7:30 to 9:30 p.m.

## AHS ROUNDUP

### GIRLS BASKETBALL

Continued from page 32

scholarship presented to a senior standout from each of the four participating teams.

### All-Conference

Andover High hoop teams cleaned up as the Merrimack Valley Conference girls and boys All-Conference and All-Star teams were announced on Tuesday.

Both Division 1 Players-of-the-Year are from team champs Andover, junior guard Jenny Muller for the girls and sophomore guard Chris Vetrano for the boys.

Division 1 Coach-of-the-Year honors went to Jim Tildsley for the girls and Dave Fazio for the boys.

Girls All-Conference choices include Lady Warriors Ashley McLaughlin, Shannon Sweeney and Megan Pinksten, while sophomore Jack Barrett was one of 10 named All-Conference on the boys side.

Senior Katie Kramer is a Division 1 All-Star for the girls, while juniors Kevin Barrett and Pat Stockwood were named Division 1 All-Stars for the boys.

### Leading scorers

Jenny Muller is the top scorer through 20 games with 322 points (16.1 average), while Ashley McLaughlin has 229 and Megan Pinksten 222.

Muller now has 1,007 career points.

### AT&T BROADBAND TOURNAMENT CHAMPIONSHIP GAME

Andover 58  
Somerville 47

Andover jumped out early and had a 10-point lead (25-15) late in the first half.

"Then the offi-

cials got involved and Somerville made a few foul shots for a 6-0 run that cut our lead to 25-21 at the break," said coach Tildsley.

Ashley McLaughlin had a strong first half with nine points, while Jenny Muller scored only two.

"We ran the ball much better and played better defense in the second half," said Tildsley.

Even though the Lady Warriors outscored the Hilltoppers only 33-26 in the final 16 minutes, the locals pulled away to a healthy lead before Somerville cut the deficit to the final 11-point margin.

"Somerville is an improving team," said Tildsley. "They were 10-10 regular season but they're peaking at the right time. They could cause some headaches in the tournament."

Muller exploded for 21 second-half points, including the 1,000th of her career, and finished with a game-high 23.

Also in double figures were Ashley McLaughlin with 11 points and Megan Pinksten 10, while McLaughlin added eight rebounds, one blocked shot and Pinksten pulled down 16 rebounds.

Shannon Sweeney and Katie

Kramer pocketed six points each, Kramer with five assists, four steals and Sweeney a season-high 21 boards, five steals, three assists and two blocks.

"Shannon was very active under both baskets," said Tildsley. "Her control of the boards was a big factor in the win."

Merry Fish tossed in two points and playing well off the bench for the champs were Samantha Hughes, Matia Kostakis and Kelly McLaughlin.

### SEMIFINAL ROUND

Andover 53

North Quincy 41

The Lady Warriors raced out to a 12-point halftime lead (28-16) and split 50 second-half points with NQ on the way to the semifinal round win.

"We had a 17-5 lead midway through the first half before things slowed down," said coach Tildsley.

"We didn't play well after those first seven or eight minutes. It was hard to keep the intensity

level up because the girls knew we were going to win the game."

Tournament MVP Jenny Muller and Megan Pinksten provided 60 percent of the offense with 17 and 14 points respectively for the winners.

Muller also had eight assists, six rebounds and two steals, while Pinksten collected 13 rebounds.

Ashley McLaughlin tossed in seven points, Katie Kramer five, Shannon Sweeney and Matia Kostakis four each and Samantha

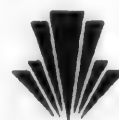
Continued on page 34



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### ANDOVER SCORING

GIRLS BASKETBALL  
(20 games)

	FG	FT	Pts.
Jenny Muller	120	76	322
Ashley McLaughlin	85	44	229
Megan Pinksten	94	34	222
Shannon Sweeney	53	10	116
Merry Fish	30	3	81
Samantha Hughes	20	12	52
Matia Kostakis	20	7	47
Katie Kramer	17	6	40
Liz Pallotta	8	7	24
Kelly McLaughlin	9	3	21
Meagan Merinder	6	5	17
Kerrie Dargan	5	2	12

3-pointers: Merry Fish 18, Ashley McLaughlin 15, Jenny Muller 6, Liz Pallotta 1.

## AHS ROUNDUP

## ■ GIRLS BASKETBALL

*Continued from page 33*

Hughes had a field goal.

McLaughlin also had seven steals and nine pass deflections. Kramer six steals and three assists. Sweeney nine rebounds and two steals. Samantha Hughes four boards, two assists and Merry Fish

two assists.

The aggressive AHS defense continued to wreak havoc with opponents, as North Quincy managed only 10 field goals in the 32 minutes but stayed reasonably close by converting 20 free throws.

## Kramer honored

Coach Jim Tildsley announced that Katie Kramer is the final Baystate Financial Services Player of the Fortnight Award winner this 2001-02 season.

"Katie has been a very important and productive member of our team all season. Her ability to con-

tribute and play well while enduring great physical pain has been inspirational. Katie's a big game player, and like the rest of us, I know she's looking forward to the playoffs."

## BOYS BASKETBALL

If Andover defeated Billerica last night it has advanced to the North quarterfinals to battle No. 2 seed Middlesex League champ Lexington High this Saturday night at Lexington (7 p.m.).

The Minutemen (17-1) received a first-round bye.

The Golden Warriors last played Lexington in the Division 1 North Tournament in 1992, with AHS winning the first round game 55-44.

## All-Conference

Andover High hoop teams cleaned up as the Merrimack Valley Conference girls and boys All-Conference and All-Star teams were announced on Tuesday.

Both Division 1 Players-of-the-Year are from team champs Andover, junior guard Jenny Muller for the girls and sophomore guard Chris Vetrano for the boys.

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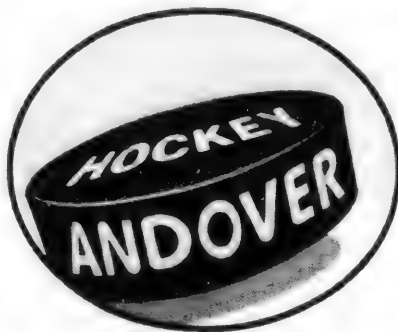
*Continued on page 38*

# Andover Hockey Association Registration

## 2002-2003 Season

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## Linking up local moms

## ■ MOTHER CONNECTION

*Continued from page 22*

with the Mother Connection by joining a weekly play group that met at members' homes.

"I had a child who was a month old. I was staying home and didn't know anyone," she says. Members of the Mother Connection invited her to a coffee, and soon Graham was joining other moms and their kids in play groups. Since then, she's helped other new moms find their own niche. "We try to link people up with kids of similar ages," she says.

The friendships that Graham and her children have made come in handy even after playtime. "It's amazing to have friends. You can drop your kids off at their house when you have a doctor's appointment. The things you do that you think you're crazy, you ask (other women) and they're like, 'No, I did the same thing!'"

"It's helped me network with other new mothers and get more involved in the community," says Ann Trotter, mother of daughter Caitlin, 3, and son Alex, 15 months. The Molly Road resident heard about the Mother Connection through her doctor's office in Boston when she was pregnant with her first child. Since then, the Mother Connection has provided both information and socialization.

"It's good to meet new mothers that you can talk to about things you're going through in (your child's) developmental stages, like your child not wanting to go to bed, or potty-training issues. You know your child isn't the only one doing these things," she says. "It's always nicer to talk to someone who's going through these things with you."

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## BUSINESS PROFILES



Michelle Baker, BS, CPT

### Guaranteed Fitness

Michelle Baker of Guaranteed Fitness is a Certified Personal Trainer with a focus on helping clients achieve their fitness goals. Her journey in fitness began with a personal commitment to "I'll Give You Your Old Body Back." Michelle's skill and enthusiasm, coupled with her warm personality, have made her a trusted fitness professional. She believes that fitness is a lifestyle, and she is committed to helping her clients achieve their goals through personalized training and support.

Michelle has been licensed by the American Council on Exercise since 1999. While she works out of World's Gym in Methuen, Michelle meets with many of her clients in their homes or at their own gyms. Her approach with each client includes meticulous instruction, making sure each exercise and stretch is performed correctly, with an understanding of how the exercise works. Michelle obtains medical history

forms from each client and networks regularly with their medical care providers.

Michelle's clients range in age from 14 to 79. She works with athletes, people with chronic back and knee injuries, and disabilities such as arthritis, osteoporosis, MS, cerebral palsy, and food allergies. Whether helping someone train for a triathlon, develop a healthy regimen, or find ways to get around a limitation, her focus is on the body as a whole. She says, "It is important to properly align your body; correct posture makes a beautiful body. Therapeutic stretching is one of my specialties. The benefits of active and passive stretching are many. It feels good, while at the same time helping to elongate muscles and other tissues, relieving pressure on the joints."

Michelle continues, "I want to be accessible to a lot of different people

and I offer discounts to seniors and the handicapped. While I see many clients long-term and as often as three times a week, I also provide services on a short-term basis."

A native of Andover, Michelle's commitment to her community is exemplified by the Northeast AIDS Ride fundraiser event she recently organized, featuring her five hour stationary bike rideathon at Starbucks, which raised \$2500. Michelle is also a member of the Merrimack Valley Chamber of Commerce.

Michelle is insured, CPR certified, AED (defibrillator) certified, and is an EMT in training. Her goal is to combine her current business with a career serving her community as a firefighter.

Contact Michelle Baker at (978) 337-3128 or email guaranteedfitness@aol.com  
Joan Bravne 2/28/02

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## EVENTS CALENDAR

### ■ FEB. 28 THRU MARCH 10

Continued from page 27

\$18 door, 8 p.m., Rogers Center for the Performing Arts, Merrimack College; 978-837-5355.

**Samaritans meeting**, 7-8:30 p.m., 169 East St. Methuen; 978-688-0030.

**SAT Strategy Session**, 7 p.m., with a member of the Princeton Review, Stevens Memorial Library, 345 Main St., North Andover; 800-2-REVIEW to reserve a space.

**Art lecture**, with J. David Broudo, free, 7:30 p.m., Art Center Lecture Hall, Endicott College, 376 Hale St., Beverly; 978-232-2012.

### Thursday, March 7

**Designer Drugs: What Parents Need to Know** discussion, sponsored by Parent to Parent, free, 7:30-9:30 p.m., West Middle School, for parents only; Barbara Jezak 978-474-0387.

**Author reading**, with Katie Towler of *Snow Island*, 7 p.m., Andover Bookstore, 89 Main St.; 800-491-0143.

**Amelia Earhart one-woman show**, with Linda Myer, free, 7:30 p.m., Flint Memorial Library, 147 Park St., North Reading; 978-664-4942.

**Women's meeting**, sponsored by Merrimack Valley Chamber of Commerce, \$20 non-members, 5-7 p.m.,

Comfort Suites Hotel, 106 Bank Road, Haverhill; 978-374-7755.

**Women in Islam panel discussion**, \$13, 7:30 p.m., Peabody Essex Museum, Salem, Mass.; 978-745-9500.

**Live comedy**, Patti Ross, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

### Friday, March 8

**Harp & Shamrock auction**, featuring items from Ireland and works by local artisans, sponsored by St. Patrick Church of Lowell, 6:30-10 p.m., \$10, 282 Suffolk St., Lowell; 978-459-0561.

**Live music**, with Eric Swartz, \$8, Dragon Gallery & Cafe, 59 Washington St., Haverhill; 978-372-5441.

**Antique show, sale**, \$3, 10 a.m.-4 p.m., Union Church of Stow, Rte. 117, Stow; Diane Parker 978-562-5802.

**Live comedy**, Bob Zany, Al March, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

**Live comedy**, 9:30 p.m., Brad Mastangelo, Dave Rattigan, Scott Carney, call for prices, Comedy Escape at the China Blossom, North Andover; 781-938-8088.

### Saturday, March 9

**Live music with Cheryl Wheeler**, \$20, 8 p.m., Rogers Center for the Arts at Merrimack College; 978-837-5355.

**Live Irish, Scottish music**, \$12.50, 8 p.m., Hamden Tavern, Rte. 62, Wilmington; 508-574-3104.

**Live music**, with Vanessa Trian, \$8, Dragon Gallery & Cafe, 59 Washington St., Haverhill; 978-372-5441.

**Bean supper**, \$5, \$2 under 12, 4-6 p.m., Sacred Heart Parish, 321 S. Broadway, Lawrence; Irene Potvin 978-686-5712.

**Live comedy**, Bob Zany, Al March, call for time, prices, Comedy Palace, Grill 93, Andover; 1-888-TO-LAUGH.

**Live comedy**, 9:30 p.m., Brad Mastangelo, Dave Rattigan, Scott Carney, call for prices, Comedy

### Sunday, March 10

**Live symphony concert**, Greater Boston Youth Symphony featuring Athena Hsieh, Jeffrey Wessler, Jessica Hsiao, Jessica Huang, Jin Zu and Joan Huang, all of Andover, \$20-\$35, 7:30 p.m., Symphony Hall, Boston; 617-266-1200.

**Live music**, with the Merrimack Valley Philharmonic Orchestra, \$15, \$10 seniors, 2:30 p.m., Rogers Center for the Arts at Merrimack College; 978-372-8237.

**Children's fashion show**, benefits Searles Castle Restoration Fund, \$20, 12:30 p.m., Promises to Keep, Route 28, Derry, N.H.

**Stamp show**, 9 a.m.-4 p.m., Elks Lodge, 652 Andover St., Lawrence; 978-474-4674.



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## BUSINESS PROFILES



Owner Mary Sullivan  
**Independent Tire, Inc.**

Independent Tire has been providing its growing number of loyal customers in the Merrimack Valley with exceptional service for well over two years now. Owner Mary Sullivan, formerly of Schlott Tire, has 19 years experience in the industry and her team now includes Service Manager John Savastano. Mary says, "With over 26 years experience, John is a huge asset to our company. Our customers know they can rely on us for the best in expert advice and service, along with excellent follow-up services."

Mary continues, "One of the many things that distinguishes Independent Tire, Inc. is the fact that our price quotes on tires include all services:

mounting, high speed balancing, new valve stem, disposal of your old tire. There are never any surprise hidden costs. Our follow-up services are second to none. They include free lifetime flat repairs and lifetime rotations (every 5,000 miles). When you purchase snow tires, you receive free changeovers every season for the life of the tire, with only a charge for balancing."

Independent Tire prides itself on its large stock of tires, with everything from wheelbarrow tires to eighteen wheelers and including riding lawn mower, snowblower, and trailer tires. They also provide repair services for these tires.

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Independent Tire is conveniently located at 341 Merrimack St. in Lawrence. Take Rte. 28 north and turn right onto Merrimack St. at Manzi's. Go through two sets of lights and continue 1/2 mile. The store is on the right across from Hampshire Fabrics and Riverwalk Mills. Hours are Mon.-Fri. 8a.m.-5p.m. Call (978) 689-3900 for service appointments. Appointments are never needed for tires!

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## AHS ROUNDUP

## BOYS BASKETBALL

Continued from page 34

named All-Conference on the boys side.

Senior Katie Kramer is a Division 1 All-Star for the girls, while juniors Kevin Barrett and Pat Stockwood were named Division 1 All-Stars for the boys.

## Scoring leaders

Chris Vetrano had 542 points through 22 games (24.6 average), including 82 three-pointers, while Jack Barrett boasted 271 points, brother Kevin Barrett 235 and Pat Stockwood 186.

## Senior Night

The Methuen game was the annual "Senior Night" in which Pat Stockwood, Anthony Silva, Chris Brouillard and the senior cheerleaders were all recognized in special ceremonies including the presentation of flowers and gifts.

## GIRLS GYMNASTICS

Merrimack Valley Conference champion and North Sectional runner-up Andover High will compete in the All-State Meet this Saturday night at Foxboro High (6 p.m.).

Andover won the state title two

years ago and placed third, behind Barnstable and Beverly, last winter.

The State Individual Championships are listed for March 10 at Attleboro High (5 p.m.).

Kristin Elmore and Becky Hass have qualified as all-around performers, while Sheri Bernstein qualified on bars and Libby Fortier in vault.

## Nationals

Both Becky Hass and Kristin Elmore are expected to be invited to participate for Team Massachusetts at the National High School Championships, scheduled for Las Vegas in May.

"The team won't be announced until after the State Individuals, but both Becky and Kristin should be asked and I think they both want to go," said AHS head coach Julie Chapman.

## BOYS ICE HOCKEY

Andover High players were instrumental in helping the Merrimack Valley/Dual County League All-Stars to a 6-5 win over their Greater Boston League counterparts in a special two 20-minute periods game last weekend at the Chelmsford Forum.

Peter Burbank netted the first MV/DCL goal less than two minutes into the game, with assists to linemates Mike Corey and Steve Johnson.

## ANDOVER SCORING

BOYS BASKETBALL  
(22 games)

	FG	FT	Pts.
Chris Vetrano	161	138	542
Jack Barrett	94	49	271
Kevin Barrett	94	42	235
Pat Stockwood	66	28	186
Brendan Smith	25	19	69
Drew Watts	28	11	67
Anthony Silva	19	15	54
Tyler Richards	8	14	30
Jarrett Mackin	9	9	27
Chris Brouillard	9	1	20

**3-pointers:** Chris Vetrano 82, Jack Barrett 34, Pat Stockwood 26, Kevin Barrett 5, Chris Brouillard 1, Anthony Silva 1.

Tim LeGrow added the second goal for the winners a short time later, setups to Burbank and Corey.

Corey connected with the eventual game-winning goal at 4:07 of the second period to boost the lead to 6-2 at the time, before the GBL 'Stars came roaring back with the last three goals to make it close.

**All-Conference, Cullen Coach of Year**

## Forwards

Peter Burbank and Mike Corey, along with defensemen Tim LeGrow and George Lewis, were the AHS players selected MV/DCL Division 2 All-Conference.

Steve Johnson was also named a League All-Star.

Golden Warriors' skipper Bill Cullen was named the league's Division 2 Coach of the Year.

## ANDOVER SCORING

BOYS HOCKEY  
(20 games)

	G	A	Pts
Peter Burbank	15	15	30
Mike Corey	14	15	29
Joe Nasta	5	14	19
Tim LeGrow	6	11	17
Steve Johnson	5	12	17
John Limauro	8	3	11
George Lewis	3	6	9
Andrew Santos	3	4	7
Ben Hoerner	2	5	7
Dave McGrath	2	3	5
Brian Buckley	1	3	4
Toby Cohen	1	2	3
Justin Leider	1	0	1
Mike Van Campen	1	0	1
Eric Levine	0	1	1
Steve Seero	0	1	1

**Hat Tricks:** Peter Burbank 1.

**Shutout:** Peter Loring & Derek Barenboim 2.

## Scoring leaders

After 20 games, Peter Burbank had 15 goals, 15 assists and Mike Corey 14 goals, 15 assists.

Joe Nasta checked in with five goals and 14 assists, Tim LeGrow six goals and 11 assists, Steve Johnson five goals, 12 assists and John Limauro eight goals, three assists.

## ANDOVER CHURCH BASKETBALL LEAGUE

By Rick Harrison

The defending champion St. Augustine D boys and St. Robert's girls wrapped up the 2001-02 season with victories, nailing down Senior Division titles in the final weekend of Andover Church Basketball League action at the Andover High Field House.

## SENIOR BOYS

## WEEK 10

St. Augustine D 44

St. Augustine E 12

The champs finished with a flourish, completing their second straight undefeated season (10-0), behind a balanced offense led by Chris Palmieri with 14 points, Kevin Twomey with 14 points, Kevin Twomey with 14 points, Kevin Twomey with 14 points, Mike D'Angelo 9.

Chris Gibson also notched 5 points, Steve Twomey 4 and Jon Crush 2.

Completing the champs' roster are Tyler Carroll, Eric Donahue, Brad Durkin, Adam Eckel and Tom Tassinari.

Tyler Bedford once again shone for the E-team with 10 points, and Mike McSheehy had a second-half bucket.

## South Church A 41

St. Robert's A 30

Division runner-up South A (9-1), whose only loss was to St. Augustine D, took a commanding 20-10 halftime lead before trading hoops with SRA.

Chris Robbat led the victors with 17 points, 13 in the second half, while Danny McDonnell scored 6 and netting 4 each were Connor Beatty, Greg Lewis, R.J. Puntoni and Adam Rousmaniere.

Paul Sartori pumped in 22 points as game-high marksman for St. Robert's.

Several key players were unavailable on both sides. Ball twins Max and Sam for South and Mike Barry and Brian Thompson for SRA.

## Temple Emanuel 32

St. Augustine A 18

Third-place finisher Temple (8-2) conducted a clinic on clever passing to key this win, Dave Shack producing a 14-point "Shack Attack" to lead the way.

Mike Baldwin scored 8

points, Matt Dion 6 and Jason Sheldon 4.

Joe Fitzpatrick led the answering fire for SAA with 6 points, Greg Carroll had 4 and Andrew Hennessey 4.

Temple led 16-8 at the half.

## Ballardvale United 33

West Parish 21

United finished the season on a high note with this victory, Eric Hart and Yuya Oshima both hitting double figures with 11 and 10 points respectively.

Alec Yount contributed 6 points and Matt Jaroche 4 as the winners took a 14-9 halftime lead and slowly widened the gap after the break.

Ian Dempsey and Craig Massey did all the offensive damage for youthful West with 12 and 9 points respectively.

## St. Robert's B 37

South Church B 12

Matt Skinner provided strong inside play with 14 points as SRB overpowered South B.

Robert Abisi chipped in 8 points, Mike McPherson 5 and Peter Brown 4.

Abishek Sripad produced 4 points for South, while Jeff Bakkensen had 3, Sam Gould and Jonah Guerin 2 each and Doug Hawkins a first-half free throw.

## St. Augustine B 25

St. Augustine C 14

St. Augustine B completed a strong finish to its season,

winning for the fourth time in five games to emerge as one of only four division teams to top the .500 mark (6-4).

Andrew Whiting's overall play, which included 12 points, keyed the victory. Jerry Mohan added 7 and Ben Ossoff 4.

For the C-team, which trailed only 10-6 at the half, Mike Somma scored 6 points, Nicholas Assad 4 and Matt Josephson 4.

## SENIOR GIRLS

## WEEK 10

St. Robert's 24

Christ Church 18

CC could have grabbed a share of the title with a win, but even with impact guard Catherine Lomedico missing division champ St. Robert's was able to gain undisputed possession of the championship.

Maureen Gaj led a balanced attack with 8 points, Sara Kelleher had 6, Allison Brown and Christina Pierro 4 each and Patricia Sullivan 2.

The winners (9-1) hit several difficult shots in the first half, grabbing a 10-point lead (14-4), and then withstood a second-half comeback bid by CC (7-3).

Completing the champs' roster are Ashley Ahern, Jennifer Feinberg, Andrea Kurkul, Laura Reilly and Lomedico.

CC, missing its own impact guard Jessica Ragnio, was sparked by Leslie Barber and Kerry Hill with 6 points each. Marie Provencher scored her 4

in the second half and Lexi Caffrey had a field goal.

## St. Augustine A 36

St. Augustine B 16

Jessica Prencipe poured through 20 points and Casey Salois added 12 for SAA, with that 1-2 power punch too much for intra-church rival St. Augustine B.

Becky Robichaud and Rachael Singleton contributed a second-half basket each for the winners (6-4).

Katie Anderson and Alycia Robbat pocketed 6 points each for the B-team, which trailed 19-4 at the half but played much tougher in the second half, while Margaret Wang added 4 points.

## South Church 23

St. Augustine C 20

South moved into a fourth-place tie with St. Augustine C after this win, riding a strong game-high 13-point effort by Jennifer Hagopian.

Julia Littlefield delivered 6 points, and single baskets were added by Casey Jaroche and Taylor Martel.

For undermanned St. Augustine, missing five players, Patty Collins led the attack with 12 points while Lauren Ciampa had 4, Kaitlyn Conway 2 and Donna Shin 2.

The game was tied 10-10 at the half, but Hagopian scored 7 points and Littlefield added 4 after the break to lead a 13-10 South run for the victory.

## ACBL FINAL STANDINGS

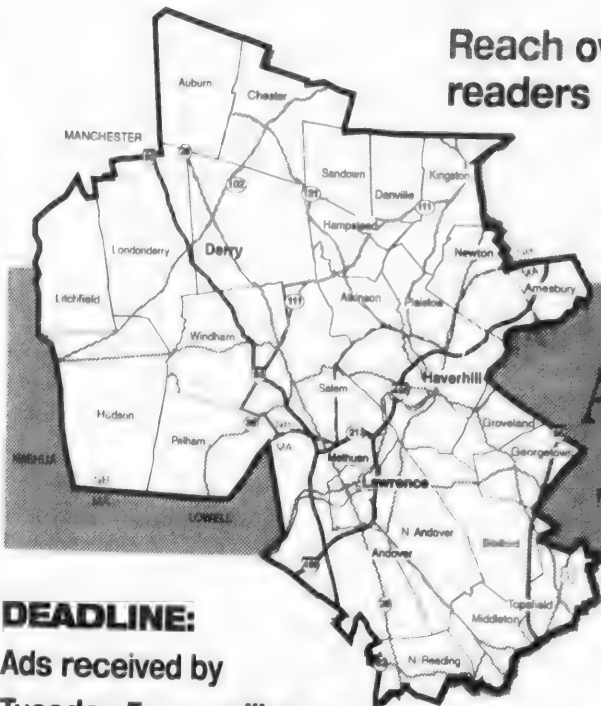
## SENIOR BOYS DIVISION

	W	L	PF	PA
St. Augustine D	10	0	410	180
South A	9	1	349	219
Temple Emanuel	8	2	299	189
St. Augustine B	6	4	248	248
St. Robert's A	5	5	309	267
St. Augustine A	5	5	280	271
St. Augustine C	4	6	253	317
St. Robert's B	4	6	242	284
West Parish	3	7	305	300
Ballardvale United	3	7	209	289
South B	2	8	174	313
St. Augustine E	1	9	141	340

## SENIOR GIRLS DIVISION

	W	L	PF	PA
St. Robert's	9	1	314	151
Christ Church	7	3	251	139
St. Augustine A	6	4	216	211
St. Augustine C	4	6	180	197
South	4	6	144	216
St. Augustine B	0	10	112	283





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HAVERHILL  
GAZETTE

The Eagle-Tribune

DERRY NEWS WEEKENDER

## DEADLINE:

Ads received by  
Tuesday 5 p.m. will appear  
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### Connect, sell, save!

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## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 9:15 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of the Andover Planning Board to amend Section 3.1. of the Zoning By-Law by adding in the first sentence after the word "Laws" the following language: "or by variance of the Board of Appeals, as provided in said Chapter 40A of the General Laws and in 9.2.2.2. of this bylaw." The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given previously advertised for March 6, will now be convened on March 19, 2002, at 8:30 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of Yvon Cormier Construction Corp. and others, to amend the Zoning By-Law by deleting the language under Section 7.3.4.1. ("Each lot shall not be less than ten acres nor more than twenty-five acres.") and replacing with: "Each lot shall not be less than three acres." The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 9:15 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of the Andover Planning Board to amend Section 4.1.4.2.b. of the Zoning By-Law by inserting the word "front" before the word "setback" in both places where it appears. The petition may be examined in the

Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 21,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 7:00 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition submitted by Andover Little League and Cormier Construction Corp., and others, to rezone a 22.5-acre portion of a 120-acre tract of land from Single Family Residential (SRC) to Industrial D (ID), said property located off Haggetts Pond Road, and more particularly identified as Parcel 6 on Assessor's Map 219; Lot 2A on Assessor's Map 221; and, Lot 2 on Assessor's Map 227.

The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6 will now be convened on March 19, 2002, at 9:00 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of the Andover Planning Board to amend the Zoning By-Law by adding a new subsection 7.6.2.4. restricting the enlargement of an existing building where new residential living units are proposed. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURS-

DAY, March 7, 2002 at 7:00 P.M. on the petition of Southwestern Bell Mobile Systems, LLC, d/b/a Cingular Wireless, 580 Main St., Bolton, MA 01740 for a special permit under Article VIII, § 6.1 to install 12 antennae & a natural gas generator on the roof & an equipment room in the basement.

Premises affected are located at One Elm Square, Andover, MA in a General Business District and are shown on Assessor Map 38 as Lot 117.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 7:30 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of Michael Ristuccia and others, to amend Section 2.2 (Overlay Districts) of the Zoning By-Law by adding

"Historic Preservation Overlay District." The hearing for this proposed amendment will be conducted concurrently with a hearing for an associated proposal to create the historic preservation overlay district as more fully described in a separate notice. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 8:00 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition of Thomas Silvestro and others to rezone six parcels of land located on the easterly side of South Main Street (Route 28) at the northeast corner of the intersection of South Main Street and Route 125, from Single Family Residence C (SRC) to Apartment (APT), said parcels more particularly described as Lots 10, 11, 12, 13, 14 and 15 on Assessor's Map 84. The petition may be exam-

ined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6 will now be convened on March 19, 2002, at 8:45 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL Chapter 40A, Section 5., on a petition of Ann Constantine and others, to amend the Zoning By-Law by adding a new subsection 5.2.10.7. prohibiting the use of internally lit signs in the General Business districts of the town. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of John Walsh & Kristen Adams, 27 Stevens St., Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to construct additions that will not meet the dimensional requirements.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Thomas & Lori Madden, 14 Boston Rd., Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to construct a 2-story addition to an existing non-conforming dwelling that will not meet dimensional requirements.

Premises affected are located at 14 Boston Rd., Andover, MA in a Single Residence C District and are shown on Assessor Map 83 as Lot 5.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing previously advertised for March 6, will now be convened on March 19, 2002, at 9:15 p.m., in the Third Floor Conference Room, Town Offices, Bartlet Street, pursuant to MGL, Chapter 40A, Section 5., on a petition

of the Andover Planning Board to amend Section 3.3.5.1. and 3.3.5.2. of the Zoning By-Law by inserting the following language: "but is located before the words 'on a lot', and by adding two new subsections to Section 3.3.5.3. dealing with alterations to non-conforming structures, and by adding an appendix titled 'Appendix B: Illustrations.' The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of John Walsh & Kristen Adams, 27 Stevens St., Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to construct additions that will not meet the dimensional requirements.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Rhonda Goff, 6 Brentwood Circle, Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to remove existing non-conforming greenhouse & construct an extension of master bedroom that will not meet dimensional requirements.

Premises affected are located at 6 Brentwood Circle, Andover, MA in a Single Residence C District; and are shown on Assessor Map 29 as Lot 47.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Philippe Dres, 38 Andover St., Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 3.1.3.F.8 to allow seasonal outdoor seating for the consumption of food that does not meet zoning regulations.

Premises affected are located at 38 Andover Street, Andover, MA in an Industrial D District; and are shown on Assessor Map 93 as Lot 3A.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Michael Ristuccia and others, to amend the

Zoning By-Law by creating a "Historic Preservation Overlay District" allowing the creation of new non-conforming lots, and the use of existing non-conforming lots for purposes of relocating historic structures. The overlay district would affect only that portion of the Single Family Residential (SRC) zoning district located in the eastern part of Andover, the boundaries of which are more fully described in the petition. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Andover Committee for A Better Chance, P.O. Box 212, Andover, MA for variances from the requirements of the Andover Zoning By-Law, Article VIII, § 3.3.4 & § 4.1.2 and for a special permit under Article VIII, § 3.3.3 to construct a 2-story addition to an existing non-conforming structure and a detached garage that will not meet dimensional requirements.

Premises affected are located at 134 Main Street, Andover, MA in a Single Residence A District and are shown on Assessor Map 40 as Lot 53.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Rhonda Goff, 6 Brentwood Circle, Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to remove existing non-conforming greenhouse & construct an extension of master bedroom that will not meet dimensional requirements.

Premises affected are located at 6 Brentwood Circle, Andover, MA in a Single Residence C District; and are shown on Assessor Map 29 as Lot 47.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Michael Ristuccia and others, to amend the

Zoning By-Law by creating a "Historic Preservation Overlay District" allowing the creation of new non-conforming lots, and the use of existing non-conforming lots for purposes of relocating historic structures. The overlay district would affect only that portion of the Single Family Residential (SRC) zoning district located in the eastern part of Andover, the boundaries of which are more fully described in the petition. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

## OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Michael Ristuccia and others, to amend the

Zoning By-Law by creating a "Historic Preservation Overlay District" allowing the creation of new non-conforming lots, and the use of existing non-conforming lots for purposes of relocating historic structures. The overlay district would affect only that portion of the Single Family Residential (SRC) zoning district located in the eastern part of Andover, the boundaries of which are more fully described in the petition. The petition may be examined in the Planning Department between the hours of 8:30 a.m., and 4:30 p.m., Monday through Friday.

THE ANDOVER  
PLANNING BOARD  
Paul J. Salafia,  
Chairman

February 28,  
March 7, 2002

Commonwealth Of  
Massachusetts  
The Trial Court  
Probate  
And Family Court  
Department  
ESSEX Division  
Docket No. 02P0321EP1

In the ESTATE OF  
JOYCE E. AIELLO AKA  
JOYCE ELAINE AIELLO  
Late of ANDOVER  
In the County of ESSEX  
Date of Death  
December 26, 2001

## NOTICE OF PETITION FOR PROBATE OF WILL

To all persons interested in the above captioned estate, a petition has been presented praying that the last will of said decedent be proved and allowed, and that KIMBERLY A. AIELLO of METHUEN in the County of ESSEX be appointed executrix, named in the will to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON MARCH 25, 2002.

In addition you must file a written affidavit of objections to the petition, stating the specific facts and grounds upon which the objection is based, within thirty (30) days after the return day (or such other time as the court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

WITNESS, HON.  
JOHN C. STEVENS, III  
ESQUIRE, First Justice  
of said Court at SALEM  
this day, February 19,  
2002.

Pamela Casey O'Brien  
Register of  
Probate Court  
February 28, 2002



# OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of David & Susan Marson, 16 Johnson Rd. Andover, MA for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to extend porch and convert to 3-season room that will not meet the dimensional requirements.

Premises affected are located at 16 Johnson Road, Andover, MA in a Single Residence A District; and are shown on Assessor Map 20 as Lot 147.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

# OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of William C. Cotter, Jr., 9 Elvira Rd., N. Reading, MA 01864 for a variance from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2 and/or for a special permit under Article VIII, § 3.3.5 to construct a 2-story addition to an existing non-conforming structure that will not meet dimensional requirements.

Premises affected are located at 49 Elm Street, Andover, MA in a Single Residence A District and are shown on Assessor Map 39 as Lot 74.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

# OFFICE OF THE BOARD OF APPEALS NOTICE OF HEARING

A public hearing will be held at THE HALL, SECOND FLOOR in MEMORIAL HALL LIBRARY, ELM SQUARE, ANDOVER on THURSDAY, March 7, 2002 at 7:00 P.M. on the petition of Brookview Country Homes, Inc., 657 Osgood St., North Andover, MA for variances from the requirements of the Andover Zoning By-Law, Article VIII, § 4.1.2, § 3.3.4, § 5.1.5.4b and for special

permits under Article VIII, § 3.3.3 & § 7.6.2 to allow the conversion of an existing 3-family residence into two units and the construction of two additional units for a total of a four-unit residential structure.

Premises affected are located at 45-47 High Street, Andover, MA in a Single Residence A District and are shown on Assessor Map 38 as Lot 105.

DANIEL S. CASPER,  
CHAIRMAN  
BOARD OF APPEALS  
February 21 & 28, 2002

## LEGAL NOTICE

The annual meeting of AVIS will be held at the Andover Country Club on Tuesday, March 12, 2002, at 6:00 p.m. Contact Elizabeth Poland at 978-475-6159.

February 28, 2002

## 2-10

### Announcements

### 2 Legal Services

## Bankruptcy?

A FREE CONSULTATION  
978-686-0108, Atty. Mark Ford

## BANKRUPTCY

Atty. Mary Notaris, MA, NH & ME  
Free Consult. 603-898-6954

### 6 Personals

THANK YOU GOD Pray 9 Hail Mary's for 9 days. Ask for 3 wishes: 1 involving business and 2 impossibilities. On the 9th day publish this article. Your wishes will be answered even though you may not believe it. W.K.

THANK YOU  
St. Jude  
for answering my prayer. S

### 8 Entertainment/Musical

MUSIC for all occasions: Weddings, Birthdays, Barmitzva's, & corporate functions. Call Pianist Robert Silver 978-685-5452.

### 9 Special Notices

## Advertise... It Works

Your ad listed here puts you in touch with thousands of interested readers. Call the Classified Advertising Dept. at 978-475-5300. Deadline for placing an ad in Tuesday at noon. Monday at 5pm is deadline for canceling an ad.

CLASSIFIED ADS BY E-MAIL. Now you can place your classified ads at your convenience. The Andover Townsman/Town Crossings have a new address: mappert@andovertownsman.com. Send your classifieds 24 hours a day! We'll do the rest.

FOR MORE INFORMATION and assistance regarding the investigation of financing, business opportunities and work at home opportunities, "Town Crossings" urges its readers to contact the Better Business Bureau, Inc., 20 Park Plaza, Suite 820, Boston, MA 02116-4404.

## 11-17

### Financial

### 12 Business Opportunities

## NOTICE

Some advertisements running in this category may require an investment.

ACT NOW!  
Be independent. Work from home  
800-496-1967  
www.wealthy4ever.com

AN OPPORTUNITY TO WORK FROM HOME part/full time.  
Go to: www.homebizforall.com  
888-226-8088

## Be Your Own Boss

Control hours! Increase income!  
Full training. FREE info.  
Call or visit: 800-816-2541  
www.successburst.com

HERBAL LIFE INDEPENDENT DISTRIBUTOR. Call for product or business opportunity  
978-794-1844 or 800-658-2441

★ Serious people to work from home.  
\$25-\$75/Hr. Part/Full-time. Mail Order/Internet. Call 1-800-241-3918

## Looking To Escape

The Corporate red tape? Be self employed! Six figure potential. Free 14 page booklet.  
MM-HomeBiz.com 262-812-5491

## LOSE Weight

MAKE MONEY  
go to: www.bethinfeelgood.com  
888-208-8097

### 15B Mortgages

## Zero Down Payment

Call Vivian at  
Homestead 1-800-649-1614  
Lic. MA MB-0206

## 18-24

### Instructions

### 20 Private Tutoring

ACCREDITED EDUCATIONAL THERAPIST elementary - adult. Phonics, reading comprehension, writing composition, handwriting, math. S.S.A.T., S.A.T. Miriam Smith M.S.Ed. Orton Gillingham certified. 978-683-6129

A.C.E. MATH TUTOR - 20+ years teaching experience. Math Ph.D. Will tutor all levels. Middle School through College. Call 978-475-4285 eves

CERTIFIED & EXPERIENCED teacher will tutor math, science and study skills in your home. 978-689-4517

COMPUTERS DON'T BYTE!! Personalized instruction. Your pace your place. Beginners most welcome. Priscilla 978-470-3004

ENGLISH, foreign languages, math, biology, chemistry & physics, test preparation for SSAT, SATs, GRE, GMAT

91 Main St., Andover 978-475-5487  
www.beavenandassociates.com

MATH TUTOR - Clear and patient help for the floundering, anxious, or ambitious learner. Harvard MA Call 978-475-7577

PIANO LESSONS in your home. All ages, all levels. Call Robert Silver at 978-685-5452

PRIVATE TUTORING Grades K-4. Remedial and reinforcement tutoring. Masters Degree in Special Education 978-475-5738

SPANISH TUTOR for beginner through intermediate. Home schoolers welcome. \$15/hr. Call 978-975-3461

TUTORING BY EXPERIENCED TEACHER - Elementary and secondary levels. English, Math, Social Studies, Latin, French. Wellesley graduate. 978-475-0966

### 21 Music & Dancing

DRUM LESSONS in the convenience of your home with experienced drum instructor. Berkley Graduate. Reasonable rates. 603-421-2870.  
www.johnmedeirosir.com

GUITAR TEACHER ACCEPTING NEW STUDENTS 25 years experience, music degree. All ages, levels, styles. Guitar rentals available. Bass lessons available. Your house or mine. For more information contact John 978-975-0335

LESTUDIO DE BALLET 978-470-1381  
2 Dundee Park Andover. Ballet classes for adults and children.

TRUMPET LESSONS in your home or mine - ages 8 thru adult - for information phone 978-683-2338 and ask for Vlad Seifer.

## 26-50

### Real Estate For Sale

### 27 Commercial Property

N. ANDOVER - Office condos for sale or lease. Starting at \$129,900 or \$1600/month. Flagship Commercial real Estate 978-686-2111

NORTH ANDOVER-For sale. Office/Industrial 100% occupancy. Established park, 10% cap. \$2,490,000 Call 978-362-1247

### 30 Businesses For Sale

Gift Shop - \$42,900.  
Great location. Call 978-808-9970.  
Serious inquiries only.

### Houses For Sale

### 31E North Andover

NO. ANDOVER  
1 YEAR YOUNG Custom Colonial Forest View Estate 4 bedroom, 2.5 baths, custom kitchen, master bedroom suite, 1st floor office, 2 car garage. Many extras. \$619,900

Vidoli Associates  
781-272-1900

### 31G Derry/Londonderry NH

CENTURY VILLAGE ONE townhouse end unit with attached garage. 9 rooms, 3+ bedrooms, 3.5 baths, oil, air, & office room, finished walk out basement, deck off of Cathedral living/dining area. Great commuting location. Excellent neighborhood with tennis, swimming, etc. \$199,000 Jack or Kelly 603-437-753

EVERY Residential Listing In N.H. on-line  
www.TheCastleForYou.com  
Prudential Verani Realty

### 31H Salem, NH

SALEM - Four bedroom, 1.5 bath Raised Ranch. \$219K  
William Bird Real Estate  
603-926-4395

### 31M Houses, Other States

AGAWAM, MS - Country living! Close to all major commuting routes!

Incredible ranch design on large lot with three exceptional bedrooms. Two large living areas with two and a half baths. A "cook's" dream kitchen that is masterfully designed with all new appliances including a JennAir stove and indoor grill on marble island with recessed fan. The Master suite has generous room and lots of windows. New carpet throughout with hardwood floors in the larger living area and BEAUTIFUL tile in the kitchen. Hunter Ceiling fans throughout with newly tuned-up high efficiency central air conditioning unit.

Swimmers Paradise  
Awesome pool with tropical landscaping, a slide, diving board, and hot tub.

Abuts park in a fantastic school district!

Wonderful landscaping with a sprinkler system. Lots of huge shade trees provide natural cooling and lots of privacy.

Includes Security system with 24 hour monitoring.

\$234,000  
with great financing.  
THIS IS IT!

\*This ad is only a sample of how your ad could look. Better written ads get better response. Call The Classified Connection of The Eagle Tribune. 978-946-2300  
Mondays-Fridays 8am to 5pm  
Saturdays from 8am to 4pm

32 Condos/Townhomes

ANDOVER - Shawshenken Area - Elegant first floor 1 bedroom in historic Victorian Estate. 15 Ft. ceilings, fireplace in living room, leaded glass bookshelves, solarium kitchen with palladian windows. Walking distance to commuter rail. \$245,000. Call 978-749-6705

EAST HAMPSTEAD Townhouse condo. Spacious sunny end unit, 3 yrs. old. Fully appointed eat-in kitchen with deck off, 2 large bedrooms, 2 full baths, attached garage, cathedral ceiling, gas fireplace, full walk-out basement. By owner. Principles only \$209,900. Call 603-382-1635

### LIKE BRAND NEW!

Princeton Village, Lawrence - 2 bedroom condo, balcony, parking. Convenient location near 495. Low condo fee. Low Taxes. Only \$79,900. Call 508-633-2664

LONDONDERRY, NH Quiet rural setting. 2 bedroom 1.5 bath, family room, office, updated appliances & kitchen cabinets, in ground pool, low condo fees. \$129,000. 603-432-4649 or 978-688-5422 ext. 205 gsmith@qdsd-assoc.com

SALEM, NH-2 bedroom unit at Lancelot Court. Convenient location. Call Kim at 603-560-7413 MEG Companies.

34 Mobile Homes

SALEM MANUFACTURED HOMES  
603-898-2144

Northshore Community  
MERRIMAC, MA  
Brand new skyline 14X70 - 2 bedrooms/2baths/appliances...\$93,000

SEABROOK, NH 1 year old single wide, upgrades galore. 2 bedroom, 2 bath split, with shed, fireplace, fully appointed, upgraded park. \$94,900 Felicity at DeWolfe 603-425-0651

36 Lots/Acreage

BELMONT, NH 54 acres located 3 miles from downtown Laconia close to Lake Winnisquam & Winnepesaukee. Over 2500 of paved road frontage for easy subdivision. \$139,500 Owner financing. 603-539-2269

38 Vacation Properties

HAMPTON, NORTH BEACH ocean view 2 bedroom condo, 2 baths, living & dining room, den, deck, garage, pool. \$269,900 Yankee Trader RE 603-926-3322

39 Wanted Real Estate

WE BUY HOMES  
All types, no equity, handyman's, fast, fair prices. 603-759-3761

40 Wanted Lots/Land

NEWLY married couple seeks exceptional 2-3 acre piece of land to build dream home in N. MA. Call Carl 978-764-2997

41 Real Estate Services

SELMA'S RE  
Now is the time to sell!  
Call for market evaluation  
Licensed NH & MA 603-893-8830

42B Realtors

Attention Realtors!  
Place your company listing and phone number here for maximum exposure to readers seriously seeking real estate. For as little as \$7.00 per week, you can reach many potential clients. Call 978-475-7000 for more information

51-75

Rentals

52 Houses for Rent

ANDOVER, 2 bedroom duplex townhouse. Pristine, near 93 & downtown. \$1495/month. No pets. 978-688-6222 or 508-760-1888

ANDOVER - 2 Bedroom, single home. Interior completely re-painted. Hardwood floors, polyurethane. Off street parking, private setting. Holt Rd Area. References and lease required. \$1900/month. Call The Ballardvale Company 978-475-6789

BOXFORD - 4 bedroom, 2 bath, 2 car garage, all new, beautiful location, \$2700/Mo. + utilities, non-smokers, available, 4/15. Call 978-887-6447

COZY  
SALEM, NH 1 bedroom. \$600 plus utilities, available now, 1st, last & security. 603-314-0227

HALF of duplex, large yard, garage under, living room, kitchen fully appointed, 1.5 baths, 2 bedrooms, washer & dryer in unit, deck. Quiet cul-de-sac. Call Stacie for more information. 603-890-1651

LEASE/OPTION Methuen 6 rooms, 3 bedrooms, 2 baths, plus storage shed, large yard. \$1800/month. 978-683-9001

NORTH ANDOVER-Spacious 4 bedroom, 3 bath, sunroom, fireplace family room, 2 car garage, oil heat, \$2500 monthly. Patter RE Management 603-437-0771 www.patterre.com

WINDHAM-Available immediately. 5 room house for rent. Nice neighborhood. Utilities not included. No pets. \$1,500/month. Please call 603-889-5374

53 Condos/Townhomes

AMESBURY - 6 rooms, 3 bedrooms, 2 levels, huge living room, wrap-around deck, washer dryer, nice yard, parking, no pets. \$1,600. 978-388-3440

LONDONDERRY 2 bedroom condo. Convenient to malls & 93. No pets. Everything new. \$1000 monthly. Call 603-858-0204

LONDONDERRY 5 rooms, EXECUTIVE CONDO. 1st floor, fully furnished and appliances, fireplace, porch. No pets. Open spaces. \$1200/month. Call Bunny Broker of Choice Realty 603-867-4033

METHUEN, 3 bedrooms, 2 levels duplex, huge dining room & kitchen, deck, nice backyard. No smoking, drugs & pets. Will check references & credit. \$1100 978-837-3120

NORTH LAWRENCE PRINCETON VILLAGE - 2 bedrooms, excellent amenities \$850/month. 978-658-4316 days

APARTMENTS

55A Andover

BERDEEN, 1 BR, eat-in-kitchen, roof top deck, includes heat & hot water. Available 03/01/00 per mo. Prudential Howe & Doherty REALTORS Pam 978-269-2265

HAVERHILL - 4 ROOM, 2 bedroom, all utilities included. \$1000/Mo., 1st, last & security. references. Call 978-469-0889

HAVERHILL North Side - 2 bedroom, balcony, heat hot water included. \$1100 monthly. Call 978-373-3024 x13

NEWLY Renovated 2 room plus bath. Heat, hot water included. References, security required. \$600. Inquires to: PO Box 5041, Bradford, MA 01835

NEWLY RENOVATED, 3+ bedrooms, wall to wall, washer/dryer hookups, stove, pet negotiable. \$1025/month 1st & last month's, no utilities. Reference & credit check required. 978-973-5122

SPACIOUS 3 bedroom, hardwood floor, washer/dryer hookups, off street parking, close to T & 495, storage. \$1200/month. 617-952-0558

THREE BEDROOM Duplex in Walnut St. Available March 1st. \$1000. 1st, last & security. Call 978-475-6095

55BA Groveland/Georgetown

CHARMING country townhouse apartment overlooking the river, 1 bedroom, oversized rooms, off street parking for 2. Washer dryer hook-up. Ample closet and storage space. \$1100. 978-372-7799

GEORGETOWN - 6 room, 3 bedroom tri-level Duplex. Washer/dryer hook-up. Modern kitchen/bath. \$1,395. Call 978-887-1924 or email mboggie@aol.com.

55D Lawrence-South

ANDOVER LINE BRAND NEW  
3 bedroom, 2nd floor, renovated unit, washer/dryer hook-ups, \$1200 no utilities included, 1st, last & security deposit. Applications can be picked up at Mail Box 378-380 S. Broadway St., Lawrence & send to address on application or call 978-688-2560.

ANDOVER LINE - Large, remodeled 2 bedroom apartment. Available. \$1190 per month includes heat. No pets, references required. Call 978-687-1111.

55E Methuen

A LUXURY 2 Bedroom, clean & quiet, appliances, carpeted, heated, laundry, parking & no pets. \$900 a month. 603-893-3792

Cute & Cozy!  
NEWLY BUILT 1 bedroom home, all utilities included, \$1000/month. 978-685-0461

ONE BEDROOM apartment Maple Ave-Off street parking. On site laundry facility. Remodeled unit. Short walk to town. \$850/month. Available for March 1st. 978-681-1166

## Washington Place Off Rt. 213 Near The Loop

1 Bedroom \$750. Available Apr 1st & last mo. 1 year lease. Laundry, parking. Includes heat/hot water. No pets. Call 617-584-4494

978-475-4569 x. 14  
or smintz@ozzyproperties.com

### 55F North Andover

ANDOVER, N.: Sutton Pond Luxurious Condo, 3 bedroom, 2.5 baths, beautiful views, garage, gas fireplace. Washer/dryer included. Available March 1st. No utilities included. \$2300/month.

ERAWebster Group  
978-470-1999  
www.erawebster.com

REMODELED 2 BEDROOM Cottage busy road, large lot. Dishwasher, washer/dryer hookup. Pets ok. \$1100+. 978-688-0724

RENOVATED 1475 sq. ft. 3 bedroom apartment. Large kitchen, new hardwood floors. \$1500 per month. Call 617-794-6636

THE FLATLEY COMPANY  
Royal Crest Estates  
NORTH ANDOVER MA

• Spacious 2 bedroom & oversized closets  
• Gated community  
• Fitness center, clubhouse.  
• Walk to shopping area  
• '00 landscaped acres  
Rents start at \$1,487

978-682-7200

TWO bedroom, 1 bath, beautiful complex with pool. New carpet throughout. Laundry room on site. Great deal \$1100 per month. Call Dawn at 617-438-5521

WATER ST. - Three bedrooms, Five rooms, deeded, off-street parking. \$1200/mo. References. Security deposit. 978-689-3755.

55G Salem NH

LARGE 3 room apartment, modern in quiet rural setting. Includes appliances, heat & hot water and off street parking. \$975/monthly. Call 978-683-7717

SALEM, NH. Near 93. 1 and 2 bedroom condos. Clean and quiet. 1 bedrooms start at \$800. 2 bedrooms, beautifully remodeled start at \$950. No pets. Includes heat & hot water, 1 year lease. Call 603-893-5726.

55H Derry NH

CONTEMPORARY Studio, and one bedroom, appointed with air, laundry, storage convenient to Rte. 93 From \$695/monthly PATER RE MGMT. 603-437-0771

NEWLY remodeled 1 & 2 bedrooms nice location. Appliance with dishwasher and air. Laundry storage. No pets. Hot water included. From \$795 month PATER RE MGMT. 603-437-0771



**OCEANFRONT**

Beautiful Seabrook/Salisbury.  
3 bedroom. Call 978-975-4001.

**OCEAN FRONT**

Rentals, rooms, apartment. All new. Salisbury 800-825-4889

OWNER'S Ocean front Northend Salisbury, deck, sleeps 6, ample parking, limited availability, \$1200/WK. Call 978-794-3533

SEABROOK Beach Summer Rental. Plymouth St., 3 bedroom, no pets, non-smokers, \$1000 per week. Call 978-689-8774

**56A Winter Rentals**

BEAUTIFUL 1, 2 & 3 bedroom apartments on the ocean. Seabrook/Salisbury. Call 978-975-4001

**57 Commercial Property**

A BEAUTIFUL Newly remodeled 750+ Sq. Ft. store @ 279 1/2 Broadway, Lawrence, MA. Great location, high traffic & foot count. \$1000/Mo.. Call 978-685-8186

ANDOVER commercial property, approximately 2000 sq. ft. attractive & high end area. \$24 per sq. ft. + triple net. 166 No. Main St. Call Vikki 603-634-4089

BANK BRANCH FOR LEASE Andover Center approximately 2100 sq. ft., 1st floor, ample parking, built in vault. Call 978-475-9796

**HAMPSTEAD, NH**

100 sq. ft. Unit with Garage opening, 3 phase power, rest room and Gas Heat/A/C. \$850.00 mo. OWNER 603-778-0395

HAVERHILL - Industrial Space - 1st floor. Loading dock, parking 6,000 sq. ft. \$5.50/sq. ft. Also available 10,000 sq. ft. \$5.50/sq. ft. grass 978-372-0055

LAWRENCE 16,000 sq. ft. ground level, space 14' height on Rte 28 \$5.50 per sq. ft. triple net. Call 978-372-5296

LAWRENCE 5000 sq. ft. 3 phase electric dock height \$800/Mo. Call 978-372-5296

PRIME RETAIL SPACE 100+ sq. ft. for physical therapy, chiropractic, travel agency. Call 603-882-3033

**WORLD GYM**

**WARD HILL INDUSTRIAL PARK**

39,000 sq. ft. Free standing building, almost new, heavy loading, heavy electric, move in condition. \$7.95/sq. ft. nnn 978-372-0055

**59 Offices To Rent**

ANDOVER CENTER - Approximately 1,000 sq. ft. Parking available Windows. Lease required. Call 978-475-9796

ANDOVER CENTER Office & Retail Locations. Singles & suites, sizes from 150 sq. ft. - 5000 sq. ft. subdivisible. 978-475-8732

ANDOVER DOWNTOWN - Single furnished offices. \$400 a month. Owner/broker. Call Pam: 978-475-1243

**ECONOMICAL!**

LAWRENCE SOUTH-Modern office space, 500 square feet, ample parking, safe area \$500/month includes heat and lights. Larger spaces also available. Call 617-908-3764

HAVERHILL 1250 sq. ft. Office Townhouse, Bailey Blvd. near Police Station. Ample parking. \$12 sq. ft. Call for details 978-372-8518

**68 Roommates/Housing to Share**

ANDOVER - Roommate wanted \$625 + utilities. New house country setting, close to 93/495. Private living room, bedroom, shared bath. 978-475-7749

BRAND NEW TOWNHOUSE - includes a utilities \$600/Month 1st floor & security plus proper D. required. Call 781-405-6784

N ANDOVER - Female looking for same 1st floor security, half utilities. \$475. Close to town & shopping. 93, 495, 125, & 133. No smoking. No pets. Available March 1st. Call 978-689-0930

ROOMMATE to share 1 bedroom in single family home in Mt. Vernon area, So. Lawrence. \$100 a week. Call 978-683-3788

**76-100**

Help Wanted

**83 Professional**

ADVANCED COMMUNICATIONS GROUP Seeking person with marketing, teaching or public speaking experience. Flexible hours. Training provided. Call 888-835-4744 or visit our website @ www.excelconnection.com for an on-line interview.

**CPA FIRM SEEKS:**

Individual to check and process Income Tax Returns. Hours flexible. Please fax resume to Blinn and Farrel, attention Nelson Blinn at 978-372-6462

Established private club seeks

**DINING ROOM MANAGER**

to be part of a dynamic food & beverage team. Competitive wages and benefits, flexible schedule and experience necessary. Send resume to: AD #A20180, c/o Eagle-Tribune, PO Box 100, Lawrence, MA 01842.

**Experienced Pre-School Teacher**

Beginning September 2002. Competitive salary. Letter & resume to: Solomon Schechter Day School, 514 Main St., Haverhill, 01830 978-372-4140 Fax 978-372-1678

**HELP WANTED****EXPERIENCED ESTHETICIAN**

Part time for busy full service salon. Must have NH license. Apply in person to Act One Salon, Rte. 125, Plaistow, NH.

**Nail Technician & Massage Therapist**

Part time - for busy full service established salon, NH License required. Call 603-893-4990.

PROFESSIONAL TATTOO ART. 1ST 3 years experience or more to work in a busy shop. 978-807-1662 ask for Ed

**PSYCHOTHERAPIST**

Part time NH licensed psychologist or social worker. Experienced with women's issues, relationships, adults, and adolescent. Dynamic group practice in Plaistow and Derry, NH. Fax to 603-882-0386

**TITLE ABTRACTOR**

Busy title company seeks an experienced full-time abstractor to cover Rockingham and Stratford counties. Must be able to work independently on both residential and commercial properties. Excellent benefits. Please fax resume and salary requirements to: 603-672-2022 or mail to: Hubbard & Quinn Title Services 62 Route 101A, Suite 5 Amherst NH 03001 attn: Susan DiBona

**85 Medical****Dental Assistant**

PT experienced Dental assistant for quality office in Lawrence. Excellent pay. Call 978-857-0794 or fax resume to 978-682-6095

**DENTAL HYGIENIST**

1-3 days per week in modern, high quality Andover periodontal office. Excellent pay & benefits. Call 978-475-0567

**DENTAL HYGIENIST**

Mon. & Thurs., 8-5 PM. In Downtown Andover Practice. Please call for more info 978-475-5333

**LPN**

Full time position for busy surgical practice. Medical office experience preferred. Send resume to: Personnel, P.O. Box 293, Groveland MA 01834.

**LPN WANTED PART-TIME TO ASSET IN COSMETIC FACILITY. DAYS**

Call May @ 781-246-8202

**MA/LPN/RN**

Full-time, busy adult medicine practice, phlebotomy and flexibility a must. pay commensurate to experience. Fax resume to 978-725-5277

**Medical Biller Medical Assistant/ LPN/RN**

FT/PT We will train Fax resume to 978-258-4136

**PER DIEMS \$14/Hr.**

for Assisted Living. \$500 Sign-on bonus, after 90 days for full-time, 2nd & 3rd Shift CNA's. Please apply at: Greystone Farm, 242 main St., Salem, NH 603-898-5393

**• RN**

For busy solo pediatrician's office. 35-40 hours per week. Email cover letter & resume to naxler@attbi.com or mail to Dr. Joan Gillin, 575 Turnpike St. Suite 25, No. Andover, MA 01845.

**87 Business****ARTHUR MURRAY DANCE STUDIO OF BURLINGTON**

Is seeking an organized positive individual to fill the position of Receptionist/Office Assistant. Work in an upbeat, fun atmosphere. 2 weeks paid vacation sick days, starting salary of \$450/week. Hours are from 10pm to 10:30 pm Monday-Friday. Call Linda or Kelly at 781-229-7970 to set up an interview.

**Financial Organizer**

Looking for assistance in assembling and organizing records of small, in home company for tax preparation. May lead to additional assignments. Flexible hours. \$12/hour. Info. call 978-474-0488. Fax responses to 978-474-8985

**METHUEN INSURANCE Agency**

Looking For Experienced, part-time Personal Lines CSR/ Receptionist. Basic Word & Excel required. Insurance license preferred. Fax resume: 978-794-5409

**First Run Office Assistant**

PT 10 AM - 2 PM 3 days per week to sales representative. Duties include customer service, computer entry and trade show sales. Must be highly organized, flexible and possess confident phone skills. 978-475-0498

**OFFICE CLERICAL**

Full Time. Starting \$8.50-\$9.50/hr. Send resume to: AD #M-20160, c/o Eagle-Tribune, Lawrence 01842.

**89 Trades/Industrial****CARPENTERS**

Millwork wholesale company based in Wilmington has opening for experienced wood worker for its custom wood door fabrication shop. Career opportunity for the right person. 5 days per week, great starting pay, holidays, medical, 401K. Apply in person. Millenium Millwork Corp., 250 Ballardvale St., Wilmington, MA 01897 or call 800-225-5197 ask for Russ or Rich.

**SMALL NH Plastering outfit needs a**

PLASTERER IMMEDIATELY 3 years minimum experience. Must have transportation. For information call Darren, at 603-887-2055

**91 Sales**

LICENSING: REAL ESTATE Get your Real Estate License! Classes start April 8th. Class size is limited so call today to pre-register! Call Anne at (978) 470-1999. Classes conveniently located in Andover at: ERA/Webster Group

**REAL ESTATE SALES**

Learn to earn \$50,000 1st year (Some earn 4 times that). WE LICENSE - WE TRAIN! International CA. seeking high energy, high integrity people. Interested? Call Anne (978) 470-1999 ext. 10. Send resumes to 89 North Main Street, Andover, MA 01810. Interviews scheduled Monday evenings.

**Rental Agent-**

SALEM, NH - F/T & P/T Entry Level position available working with the general public. Good telephone manners & basic computer skills a must. Growing business with growth potential. Offering competitive wages and benefits. Send or fax resume to: BSS Properties, 35 Ray Ave., Burlington, MA 01803. Attention: William Rockwell! Fax: 781-273-2771

**SALESPeOPLE**

needed. Must have reliable vehicle. Part time work with full time earnings. Sell AT&T phone service. Earn \$1000-\$1500 a week. Call Bryan at 978-256-0857.

**Sales Person Wanted**

No experience preferred. Female/male. Top commissions paid, benefits, free training. If interested please

Call Ken Kaz: 978-469-9222

**93 General****AGGRESSIVE PERSON**

with knowledge of all types of alcoholic beverages. Register experience preferred. Part time position. Apply: Pare's Liquors, 106 Lafayette Sq., Haverhill. No phone calls.

**ANDOVER COUNTRY CLUB**

Enjoy working outside: team oriented, certificate Golf Nut? The Golf Course Operation is now accepting applications. Departments include: Golf Course management, Practice facility, Locker facilities and Starter personnel. Full & part time positions with competitive wages & benefits will be available. Applicants should be self-motivated and able to perform certain physical tasks. Positions include limited golfing privileges. Applicants are available at the Golf Course Management facility, 59 1/2 Chandler Circle Andover, MA weekdays from 7:00 am- 3:00 pm. 978-475-6638

**ANDOVER COUNTRY CLUB**

Is now hiring for the following positions:

- Dining room wait staff
- Bartenders
- Buspersons
- Function wait staff
- Function Bartenders
- Front desk night clerk

Experienced preferred. Please apply at: The Andover Country Club, 60 Canterbury St., Andover, MA 01810

Are you a loving & caring woman interested in co-parenting a child? The father will be fully involved in the child's life emotionally & financially. For details contact Robert Nichols, Esq. 781-769-6900.

**CLASSIFIED ADS**

978-475-5300

**Assembler/Shipers/ Receivers Needed**

In fast-paced production environment located in Salem, NH. FT Position with competitive wages, health & dental benefits available. Experience helpful, but will train. Fax resume to: 603-890-8997, Attn: Human Resource

**ASSISTANT RESTAURANT MANAGER**

Joseph's Trattoria is looking for a reliable, experienced assistant manager to join our team. Competitive wages & benefits including, health, dental, 401K, vacation, holidays. Fax resume to: 978-374-8470 or call 978-374-8288

**AUTO PARTS COUNTER PERSON**

Openings for experienced parts/automotive person. Excellent pay & benefits package, growth potential, make the move to a strong leader in the automotive after market industry. Apply at any of our Lowell, Lawrence or Haverhill consumer auto parts locations or call 978-345-1120 for more info.

**AVON !! TO BUY OR SELL MLM OPTION. 1-800-258-1815****BARTENDERS and WAITSTAFF**

Must be friendly and outgoing. Apply in person: Player's Restaurant 69 Main St. Salem, NH

**Bartenders Needed**

Needed Days & Evenings. Must be outgoing, reliable. Call 978-685-2231, ask for Cathy.

**BERTUCCI'S**

Hiring servers and host staff. Great weekday hours. FT/PT apply in person. 435 Andover St., No. Andover, MA 01845 978-685-4498

**BOOKKEEPER**

12-20 hours/flexible per week. Experienced in Quicken and Micro-soft Word. Small focused office. we work with real estate and construction books. Email to kendaheh@qahercompanies.com or fax to 978-686-4720

**BREAKFAST & LUNCH COOK**

No nights, will train. Apply within Casey's Diner Rte 125, Plaistow

**BUILDING OFFICIALS**

To teach evening class to prepare builders for State exam. Classes run for three hours, one night a week for seven weeks. We train you and provide all materials. Call CCI 888-833-5207

**Customer Service Rep**

needed for Peabody office. Must be mature & reliable. Process credit cards for adult phone talk. Competitive Pay & Top Benefits Medical, life insurance, profit sharing plan and more. Regular pay raises, open 24/7, full time and part time. Start now! Call Tina 1-800-821-1493

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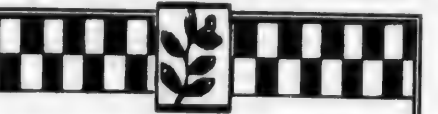
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TOYOTA Celica GTS, 1990, 5-speed, white, all power, air, rear spoiler, looks & runs good, only 80K. \$3700/best. 978-682-5264

TOYOTA COROLLA 1995, 148K. Air, stereo, power windows. Excellent Condition. \$4300/BEST. Call 603-362-6540, leave message.

TOYOTA COROLLA FX - 1988 2 door hatchback, automatic, 112K. New tires, battery, brakes, muffler, fuel pump, radiator. All services done. \$800/Best Windham 603-880-1977

TOYOTA TERCEL 1987, red, 2 door hatchback, automatic, body very good, needs an engine, \$200. Call 978-475-2622

TOYOTA TERCEL 1989 - 2 door, 5 speed, new exhaust, 128K miles, runs great. Well maintained. \$600 or best. 978-352-7412

VOLVO 740GLE, 1987, 185K, excellent condition, original owner, all service records, new Michelins & 4 snow tires. \$2000 Call 603-898-1314

VOLVO 740GL wagon 1990, 139K miles, well maintained, ABS leather seats, 3rd seat, sun roof extra rims, ski & bike rack \$5500 603-437-9735

VW JETTA WOLFSBERG 1998 Green tan interior excellent condition 74K, 2.0L 4 cylinder power locks/windows, A/C, cruise control, alloy wheels, 6 CD changer, moonroof. New tires, front/rear brakes & exhaust system \$9500/best. Full service history 78-902-8-39 78-712-7999

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**OPEN SUNDAY 1-3!**


**ANDOVER - 12 Longwood Drive #12.** Attractive 3rd floor garden style condominium with an updated kitchen and bath, 2 bedrooms, great closet space and a super location near town, shopping and major commuter routes. **\$174,900**

**OPEN SUNDAY 1-3!**


**ANDOVER - 46 Greenwood Road.** Pristine custom Hip Roof home featuring 3 generous sized bedrooms, 3 full baths, hardwood floors, 2 fireplaces, finished lower level ideal for in-law or au-pair, oversized 2 car garage, set well back from street on nearly an acre lot! **\$440,000**

**OPEN SUNDAY 1-3!**


**ANDOVER - 4 Cedar Road.** 1st ad! Johnson Acres gem! Charming 3 bedroom, 1.5 bath Cape on beautifully manicured private corner lot walking distance to town. Spacious fireplaced living room and formal dining room both with built-ins, gleaming hardwood, quality craftsmanship throughout! **\$469,900**

**OPEN SUNDAY 1-3!**


**NORTH ANDOVER - 435 Chestnut Street.** Immaculate Colonial on beautifully landscaped lot with great commuter access. Beamed ceiling family room with raised hearth fireplace and 8' slider to deck, hardwood floors, air conditioning, security, 2 car garage. **\$475,000**

**OPEN SUNDAY 1-3!**


**SEABROOK BEACH - 395 Plymouth Street.** Fabulous 2 year old custom built contemporary, within walking distance to ocean. Bright and sunny with open floor plan, neutral decor, gas fireplaces in living room and master bedrooms, 3 full baths, meticulous condition! **\$495,000**

**OPEN SUNDAY 1-3!**


**ANDOVER - 2 Hansom Road.** Spacious well-maintained 4 bedroom Wynwood built home loaded with extras in desirable neighborhood walking distance to elementary school and country club. Beautiful cherry cabinet kitchen, private landscaped yard, town utilities. **\$549,900**

**OPEN SUNDAY 2-4!**


**NORTH ANDOVER - 5 Anvil Circle.** 6 month old Pulte Huntington model Colonial in desirable cul-de-sac location. Beautiful cherry cabinet kitchen, formal rooms with crown moldings and hardwood floors, oversized windows, walkout basement ready for expansion. **\$565,000**

**OPEN SUNDAY 1-3!**


**NORTH ANDOVER - 58 Settler's Ridge.** Delightful young 10+ room Colonial with farmer's porch in cul-de-sac setting. Quality throughout, open foyer, soaring ceilings, gourmet kitchen with Cerata counters and natural birch cabinets, 2 full + 2 half baths, air conditioning, Brimac alarm - super! **\$625,000**

**OPEN SUNDAY 1-3!**


**NORTH ANDOVER - 41 Hidden Court.** 1st ad! Newcastle Estates, 10+ room Hip Roof Colonial on prime private lot at end of cul-de-sac. Gourmet granite kitchen, brick fireplace, custom built-ins and moldings, finished walkout lower level includes exercise studio, numerous up-grades! **\$759,900**

**OPEN SUNDAY 1-4!**


**ANDOVER - Campbell Forest off Salem.** New area of 37 homes. This 3,800 sq. ft. Colonial features 9' ceilings, central air, maple kitchen with granite counters and stainless appliances, 4 full baths, super master bedroom, 3 car garage, all town services. Starting at **\$749,900**

**OPEN SUNDAY 1-3!**


**ANDOVER - 2 Evergreen Lane.** Impressive Federal Colonial in private 2+ acre setting with wonderful convenience to town, schools and commuter routes. Delightful full circular staircase, great room with wall of built-ins, fireplaced family room, lovely sunroom, even a guest suite! **\$819,900**

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**\$819,900**

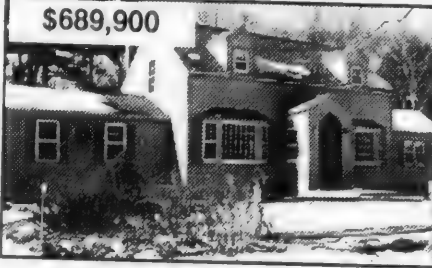
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**ANDOVER, Quality Builder!**  
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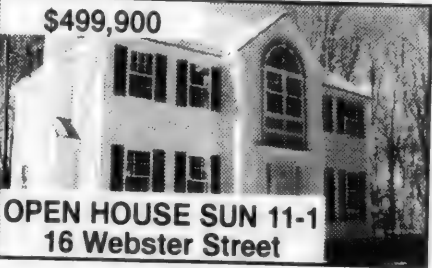
**\$719,900**

**OPEN HOUSE SUN 1-3**  
**74 Argilla Road**

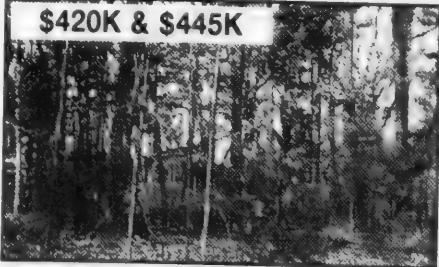
**ANDOVER, INDIAN RIDGE!**  
 20 X 26 fam rm w/stone FP, wetbar & built-ins  
 Gourmet kit w/cherry cabs & top o line appliances  
 Sunny breakfast area - convenient 1st fl mstr  
 Cath cells - atrium doors - skylights - lots of glass  
 10 rms - 5 BR - terrific flr plan  
 Another listing by Kirk Clarke x226  
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**\$689,900**


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 A unique opportunity - AVIS land abuts  
 Total acreage offered as 2 separately deeded lots  
 private parcel of 3+ acres land w/barn  
 Or 8 rm Cape with Form A lot - granite pool  
 New Cross School district - convenient loc  
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**\$499,900**

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**NEW CONSTRUCTION UNDER \$500K**  
 Stunning 8 rm Garr Col - close to 2 acres  
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**Prime Location - 2 wooded lots**  
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 two listings by Chris Doherty x230  
[cdoherty@andoverliving.com](mailto:cdoherty@andoverliving.com)

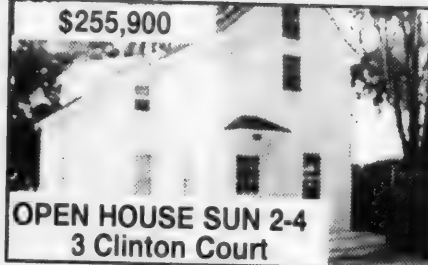
**\$380,000**

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**OPEN HOUSE SUN 1-3**  
**388 South Main Street**

**ANDOVER!**  
 Gracious and spacious!  
 7/3/2 - 1836+SF - Updated ranch  
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**\$255,900**

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**3 Clinton Court**

**ANDOVER!**  
 Totally redone from furnace to roof  
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[ckelley@andoverliving.com](mailto:ckelley@andoverliving.com) \$255,900

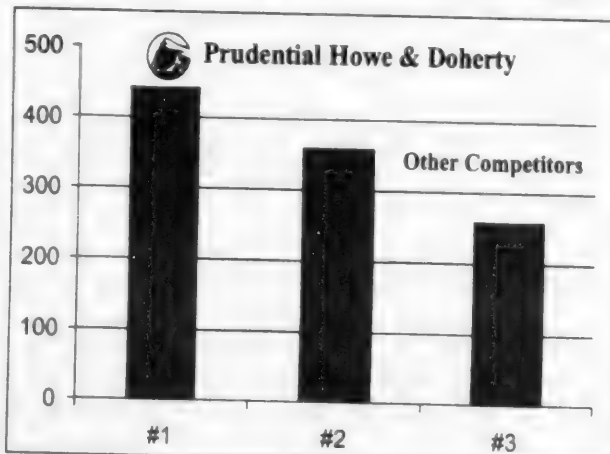
**\$162,900**

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**ANDOVER, 1st ad!**  
**2 BR Condo - Walk to the Y**  
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 Nice commuter access - pool - balcony  
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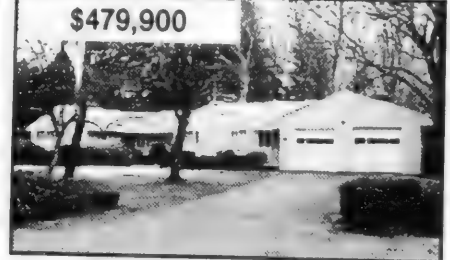
**Market Report Andover & North Andover**  
 2001 Sales & Sold Listings (Sides)



Based on information provided to and compiled by the MLS Property  
 Information Network covering the period of 01.01.01 through 12.31.01

**\$649,900**


**ANDOVER!**  
**Minutes from highway and services**  
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 master suite w/cath cell, fireplace & 4 closets  
 Lower level gameroom - walkup attic w/skylight  
 9 oversized rooms - 4 bedrooms - 2.5 baths  
 Another listing by Deb Moore x238  
[dmoore@andoverliving.com](mailto:dmoore@andoverliving.com) \$649,900

**\$479,900**


**ANDOVER, LOCATION!**  
**Phillips Academy Area, top neighborhood**  
 Oversized Ranch w/prv setting & gorgeous lot  
 Fireplaced liv rm - din area w/walls of glass  
 Family room - enclosed porch - patio  
 8 rms - 4 large BR - 2 full BA - 2 car garage  
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[dhowe@andoverliving.com](mailto:dhowe@andoverliving.com) \$479,900

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**NEW!**

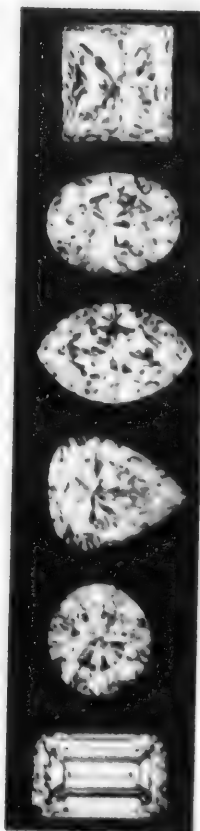
**ANDOVER, 1st ad!**  
**Desirable Phillips Academy area!**  
 Light & bright Ranch w/generous sized rooms  
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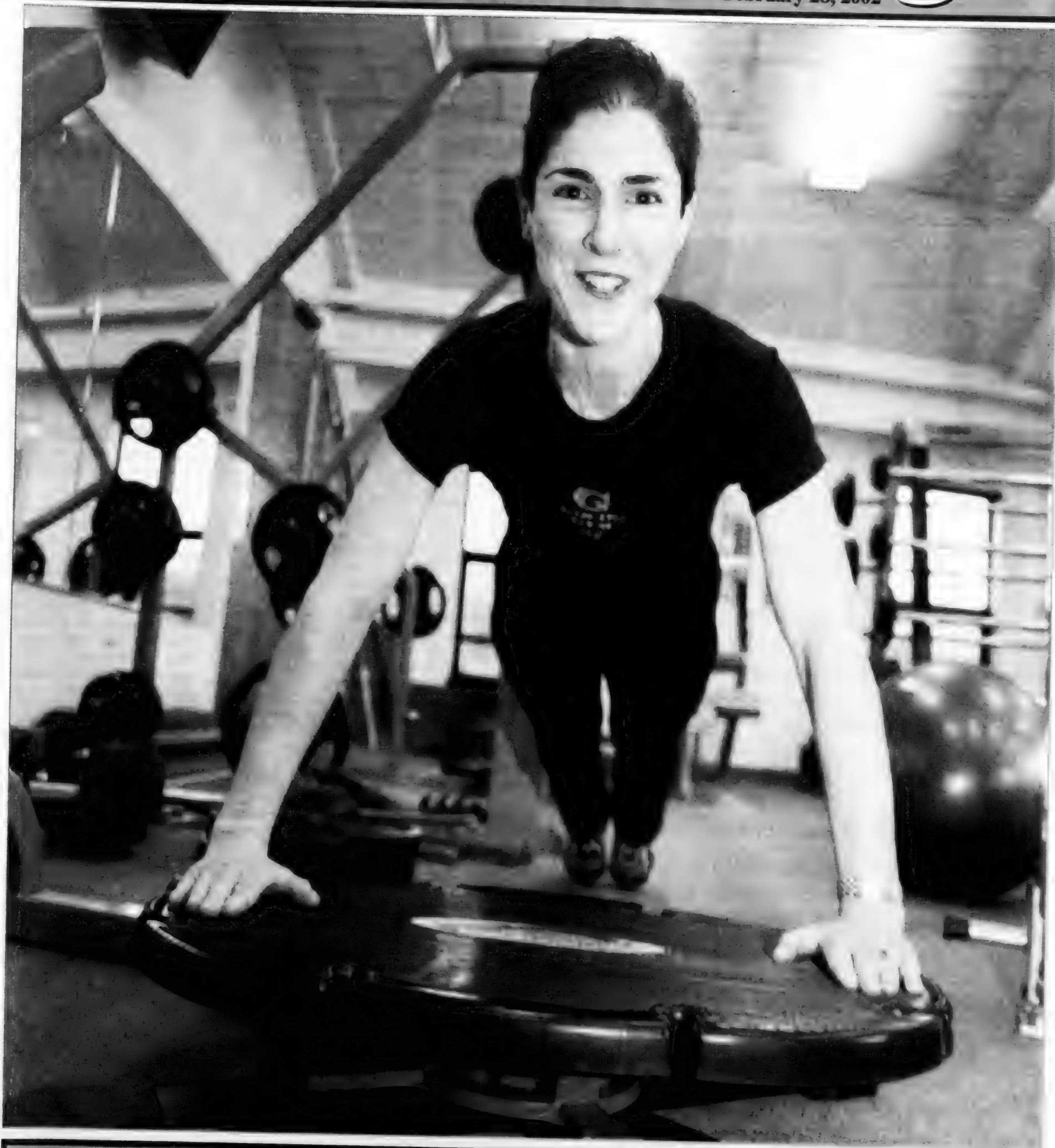
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# Healthy Living

February 28, 2002



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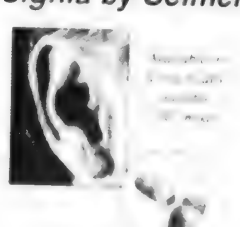
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## HEALTHY LIVING

# Fitness trends: from 'Buns of Steel' to spinning classes

By Sue Tabb

There is no doubt that Americans have been preoccupied with fitness trends for some time now. Not only are there the societal pressures to look great, but we have become more health conscious as a result of medical advances that underscore the importance that exercise plays in achieving optimum health for the mind and body.

While the focus on fitness is encouraging, it can be difficult to keep up with the ever-changing trends in our quest to become physically fit. There are many schools of thought regarding what type of exercise regimen is most beneficial and why. Some experts recommend strength training, others suggest cardiovascular workouts and some favor stretching and meditation or a combination of methods. There is no general rule that applies to every person, since a fitness program should be customized to an individual's abilities and goals. However, current fitness trends usually influence the type of equipment people purchase, videos they buy or classes they participate in.

Do you remember Jane Fonda's workout tapes, the "Buns of Steel" video, Suzanne Somers' ThighMaster, step aerobics coming onto the scene and when stairclimbers and rowing machines were all the rage? Now, there is spinning, cardio kickboxing, tai chi, power yoga and a number of other hot trends that have taken over - at least for the moment. It can be difficult to determine which fitness trends are passing fads and which have real staying power.

Pat Catino, owner of World Gym in Tewksbury, has been in the fitness business for more than 20

years and knows from experience which trends will be around for some time to come. As far as cardiovascular equipment goes, Mr. Catino says that treadmills continue to be the most popular, but that elliptical trainers are the fastest growing in terms of demand.

"The treadmill on an incline can still burn more calories per minute (than the elliptical machines), but the elliptical gives you the feel of a more total workout because of the combined motion - it gives you a sense of accomplishment," says Mr. Catino.

Cardio kickboxing is also very popular, according to Mr. Catino, but it's the energy of the instructor that really makes or breaks a class. Spinning (an extreme form of stationary bike riding) and step aerobics continue to dominate the fitness field as well. In fact, World Gym in Tewksbury is opening a studio that will be exclusively for spinning and should be ready for use in March. At that time, they will also be expanding their classes to include yoga - ashtanga and kripala among them - because of the growing demand. Yoga has become increasingly popular because of the body and mind connection. The yoga classes will offer different techniques that combine various floor movements and stretching positions to promote flexibility and relaxation.



Jean Shapiro, left, works with trainer Jean O'Malley, right, at Gold's Gym Executive in Andover.

If you're more inclined to work out at home, Mr. Catino warns to be skeptical of fitness gadgets you see advertised on television.

"The truth of the matter is that there are no shortcuts; proper nutrition and disciplined training will get you results," states Mr. Catino. "I don't go with those gimmick things like those sold on infomercials - it's like fad diets - they just don't work. Calisthenics and isometrics are more effective than these advertised gadgets."

Examples of the gadgets that Mr. Catino finds particularly ineffective or silly include the Abdominizer, which he recalls as claiming to work your stomach at four points at once while you move a string around, and the Ab Energizer, which is a sort of belt that sends electronic impulses that stimulate your muscles so that they contract and relax as if you were working out. The problem with the Ab Energizer is that you are not expelling any calories, according to Mr. Catino, and it "makes you twitch."

According to the American Council on Exercise, a nonprofit fitness advocacy group, consumers should be extremely careful when watching infomercials or reading claims made by some makers of fitness equipment. Gadgets come and go, and many don't produce the results they are touting. The ACE recently conducted a study on the AB-DOer, one of the newest fitness gadgets being sold, and found that it "does not appear to live up to the claims made by its manufacturer." The results of such studies support

**ON THE COVER: Personal trainer Jean O'Malley of Gold's Gym Executive in Andover demonstrates the Reebok Core Board, one of the latest fitness trends to hit the scene. Photo by Carol Van Doren.**

## HEALTHY LIVING

A special section of the Andover Townsman

Editor

Sharla D. Collier

Reporter

Sue Tabb

Production

Stephanie Musgrave

Photographer

Carol Van Doren



## HEALTHY LIVING

the ACE's claim that it is not necessary to spend upwards of \$150 on a piece of ab equipment, when more traditional methods such as the bicycle maneuver or crunches on a high-quality exercise ball (approximately \$30) can achieve better results.

Jean O'Malley, a personal trainer at Gold's Gym Executive in Andover, appears to agree; in fact, she is a big believer in the benefits of the exercise ball, or "Resist-A-Ball" as she refers to it. The large, inflatable ball allows you to develop flexibility and strength using your own body weight.

"One popular method is to perform crunches on top of them (Resist-A-Balls)," says Ms. O'Malley. "It's 30 percent more effective than doing crunches on the floor. It's a time saver and very effective; it's also inexpensive."

Athletes use the balls because you can vary the resistance by altering your body position on the ball, and personal trainers often incorporate their use into workouts with their clients.

"They're great, especially for the crunches, but you can work almost every muscle in the body using the ball," notes Ms. O'Malley. "Most of my clients use it; some are really nervous about getting on the ball, but (after using it) they can see a visible difference in their abdominal area."

Another popular fitness trend involves exercising with the Reebok Core Board, an oblong board that tilts and pivots and is mounted to a base that can be adjusted to three levels of stability. Ms. O'Malley says that the board is

currently used by 20 different professional sports teams in the United States and Canada because of its versatility – it provides training in speed, strength and agility. You can also add elastic tubing, which allows for movements like squats and lunging.

Ms. O'Malley also talks to clients about the popularity of yoga. She says that power yoga, a form of ashtanga yoga, is in increasing demand because it emphasizes a rigorous, faster flow of all traditional poses combined with strong breathing.

"People see power yoga and are more inclined to give it a try," says Ms. O'Malley. "Yoga has a stigma of being sort of sedate and slow-moving, so power yoga seems to have a little more appeal."

And, spinning seems to be one phenomenon that most experts agree will be staying around for a good long time. Not only is it a quick caloric burn, but most people enjoy the group atmosphere and music. Gold's Gym Executive is creating a spinning studio that should be complete within a month or two, according to Ms. O'Malley.

John Fitzgerald is a personal trainer who believes that spinning has yet to reach its peak. Mr. Fitzgerald of Fesco Fitness in Salem, N.H., says that while spinning is still growing, it will eventually level off.

"Someone will put a different twist on it; something new will likely come out that will revolve around the spinning," suggests Mr. Fitzgerald. "Aerobic classes became stale, then they went to aerobic classes with step; now (it's)

a bicycle (used for spinning), which is even better than step. It (spinning) wears you out, so people assume it's a great workout. It all boils down to the instructor; if there is a qualified, highly motivated instructor, then the class will react to that."

Mr. Fitzgerald also says that Pilates exercises continues to grow because they combine the spiritual and emotional with physical fit-

ness. And, he describes tai chi (a series of postures and exercises developed in China for self-defense and as an aid to meditation) as the "ultimate mind/body connection." While this form of exercise is very consuming, he believes that it is ultimately very beneficial.

So, it seems that most experts agree on which fitness trends will endure and can deliver results. And, all believe that a disciplined

exercise regimen is what is most important in maintaining physical fitness. Of course, we will always be intrigued and tempted by exercises or products that promise shortcuts (the Ab Energizer claims, "You won't even break a sweat!"), but we should heed the advice of those who know better and accept the fact that we're going to have to work for those beautifully sculpted bodies.

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## What's next in world of fitness?

The American Council on Exercise has announced its fitness trend predictions for 2002, which can be found in their entirety at [www.acefitness.org](http://www.acefitness.org). Following are some of the exercise trends they believe will remain or become popular this year.

- Group-oriented classes putting more emphasis on motivation; classes that prepare the student for hiking, triathlons and marathons are increasing.

- Men attending group fitness classes have increased because they are more focused on sports-related activities.

- Classes with hip-hop, salsa, belly dancing and West African dance themes are not new, but that concept has evolved.

- Urban Rebounding becomes more and more popular. The concept is based on the idea that the

body will gain strength more efficiently if it is not busy absorbing the shock of high-impact aerobics.

- Spinning classes continue to be popular. Step classes, which have been around for almost a decade, tap the daily motion of climbing stairs.

- Americans are turning to yoga, spinning and time at the gym to reduce stress, build confidence and treat back pain, diabetes, arthritis and osteoporosis.

- The mind and body connection will continue to grow and reach the largest of populations. Yoga, Pilates, stretching and strength training have merged. The total mind and body workout will include all of the best elements of each discipline in formats that work for individual lifestyles.

## HEALTHY LIVING

# Aging and depression: Boomers find getting up in years can really be a downer

By Leonard Novarro  
Copley News Service

For 18 months, Penny Masters' life was a whistle-stop in oblivion. In June 1997, after two deaths in the family and her own open-heart surgery, Ms. Masters says, she became trapped by her own mind. Home from the hospital, she

could not sleep, yet she also couldn't get out of bed.

When she did, she paced aimlessly around the house, unable to concentrate on anything. The simplest things became an excruciating burden: eating, talking, reading, relating to family and friends.

"I was the first person in my family to have an episode of

depression," says Ms. Masters, 54, who is vice president of human resources at Sea-World in San Diego.

"The first three months were absolutely devastating. It took me 18 months before I could smile again," she says.

Ms. Masters was diagnosed and put on medication.

Since she returned to work, Ms. Masters has found the experience invaluable in recognizing the signs of depression in the work force.

"I see it more among baby boomers," she says.

Whether the rate of depression is higher among middle-age men and women is debatable.

Studies have been hampered by the definition of depression, which ranges from major, exhibiting five or more symptoms, to less severe, with up to three symptoms.

Bipolar disorder, anxiety and other mental conditions often are lumped together in studies. And, not enough studies have isolated the 37- to 55-year-old age group.

A 1989 study, "Increasing Rates of Depression," in the Journal of the American Medical Association, reviewed hundreds of epidemiological studies and concluded that the risk of depression was higher for those born after World War II than before.

A National Institute of Mental Health study appearing in the September 1999 issue of

the Archives of General Psychiatry concluded that 23 percent of those between the ages of 30 and 44 when the study began in 1980 exhibited some form of mental illness.

With a large segment of that study now middle-aged, the number of people needing specialized psychiatric care in the next 10 years will swell, says Dr. Dilip Jeste, the study's leading author and a professor of psychology and neurosciences at the University of California San Diego.

Dr. Jeste also is director of geriatric psychiatry for the San Diego Veterans Affairs Health Care System.

"It's generally accepted that baby boomers have a higher incidence of depression, anxiety and substance abuse, and as they get older, we are going to see higher numbers than we see in the present population," Dr. Jeste says.

Dr. Mark Rapaport, associate professor in residence at UCSD and staff physician for the VA, says he believes the pace of life and changing fabric of society may have much to do with that.

"High divorce rates, a more mobile culture, many of us working more hours, all of these factors come into play," Dr. Rapaport says. "We used to have real communities where we knew our neighbors and lived for generations in the same area. There was more cohesiveness to society."

Depression is generally

believed to be a genetic neurochemical imbalance in the brain usually induced by stress or some other external factor. People in their early to mid-50s are especially vulnerable, says Dr. Stephen Heidel, president of Integrated Insights of San Diego, a private company that provides mental health services to some 250 companies throughout the United States.

"If a person has a financial setback or loses a job and is in the early to mid-50s, they may feel they no longer have time to recoup their losses," Dr. Heidel says. "I have seen people who have given up and realized they are not going to achieve the image or goals they set for themselves. This will cause a lot of disappointment, absolutely."

Depression, too, often is a byproduct of illness or chronic conditions, such as arthritis and diabetes, which most often manifest in middle age. Hormonal changes such as menopause are another factor. Women have twice the rate of depression as men.

"Anytime you have chronic illness with pain or loss of function, depression is going to be (in) 30 percent to 50 percent of the people who have this illness," Dr. Heidel says. "Somebody will run into a doctor who'll say, 'Of course you're depressed. You just had coronary bypass surgery. That's looking at it from the wrong perspective."

Continued on page 6A

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## HEALTHY LIVING

# 'Young at heart' more than just an expression for happy, healthy Edgewood residents

## PRESS RELEASE

**Edgewood Retirement Community**  
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Most everyone is familiar with the old expressions: 'Being young at heart,' or 'You're only as old as you feel.' Of course, both are wonderful sentiments. But how much truth do they really hold? The answer may be found by observing the active, friendly and seemingly always contented residents of Edgewood retirement community.

As you approach the beautiful community up a winding rural road to a clearing amidst wooded surroundings, you see pas-

tures, a horse farm and glimpses of wildlife. It is a postcard panorama intersected with walking paths, where senior residents can take their afternoon hikes, breathing the fresh country air. But a tour of the community's new Aquatics and Fitness Center reveals much more.

The beautiful, indoor facility houses a state-of-the-art fitness center with strength training and aerobics equipment, including weight machines, bikes, steppers and treadmills. An even more popular attraction is the heated, indoor swimming pool and jacuzzi. The facility is easily compared to the nicest, public health clubs and spas, but membership here is restricted to Edgewood residents and their guests.

Given the ages of most residents, you may assume such a

facility would get little use. You would also be amazed by the reality. "At least 50 percent of our residents are active participants in a formal exercise regimen," says Nancy Ryan, Edgewood's full-time fitness instructor. "Sixty residents are enrolled in our strength and flexibility training, two dozen take part in our water workout, and many more attend free weight and aerobic exercise classes twice a week."

That doesn't include the numbers of additional residents who prefer to exercise on their own by swimming laps, riding bikes or walking outdoors or on treadmills. "Age is no excuse for not exercising," Ms. Ryan affirms, "and these happy, healthy seniors are proof. I'm proud of every one of them."

Beyond physically challenging forms of recreation, Edge-

wood also provides a full calendar of stimulating activities to enhance residents' lifestyles. There are classes and opportunities for gardening, woodworking and painting, guest lectures, scheduled trips and outings, plus a variety of social and cultural events.

Arlene Mumper, Edgewood's director of marketing, boasts, "There is always something interesting for residents to do, plus a wealth of amenities. And since our professional staff handles most of the time-consuming chores for them, our residents have more time to do the things they enjoy."

It is no wonder that Edgewood has been experiencing tremendous growth. The community just completed its second 36-apartment expansion not long after adding an auditorium, a conference room, and

an art & crafts studio, as well as expanding the community dining room, coffee shop and computer room.

Edgewood offers another major advantage. As a life-care community, the residents have access to a full continuum of quality nursing services provided in an on-site, professionally staffed Health Center, which affords tremendous peace of mind.

It's true that no one has been able to bottle the elusive formula for youth, but the next best thing just might be living at Edgewood. Words of advice: Call now, there are only a few residences still available.

For more information about Edgewood and our waiting list, or to find out how you can schedule a tour of the community, call (978) 725-3300 or toll-free at (800) 649-3343.

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## HEALTHY LIVING

## ■ AGING AND DEPRESSION

Continued from page 4A

It doesn't mean you should accept depression."

Death, divorce, retirement, illness — all endemic to getting older — may trigger depression, as it did for Ms. Masters.

"The stress in general that baby boomers are under increases the proclivity to have major depressive disorders," Dr. Rapaport says.

"Many baby boomers are in the sandwich generation," says Ms. Masters. "We have aged parents who require a great deal of time and care. Many of us have children in college or at home. Many of us are involved in our grandchildren's lives and are working many hours. Overall, I

think baby boomers have more pressures than any other generation."

At the same time, they are more willing than previous generations to be open about mental illness.

Tipper Gore, the wife of former Vice President Al Gore and a baby boomer, cast a national spotlight on the disease when she revealed her own problem two years ago.

The National Institute of Mental Health also launched an initiative in the late 1980s to de-stigmatize the disease.

Additionally, boomers are more willing to tackle the problem head-on by experimenting with new medication. That may be the result of growing up in the more drug-tolerant society of the

1960s and 1970s, Dr. Heide says.

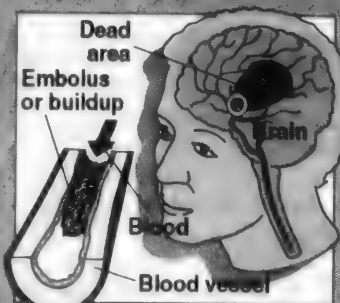
Another promising development is the use of a device called the Vagus Nerve Stimulator, which is used to treat epilepsy. The device, which is being tested at UCSD, has been implanted in a dozen subjects as part of a national study on its use to treat depression.

Dr. Rapaport, who is heading the study, says the device, about the size of a stopwatch, is surgically implanted in the chest and attached to guide wires that are tunneled up the neck and around the left vagus nerve, which connects to several parts of the brain regulating mood and emotion. The study is being conducted in 20 sites around the United States.

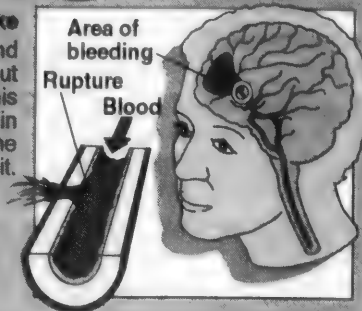
## HEALTH FACTS

## Types of stroke

**Ischemic stroke**  
■ Buildup on the lining of an artery may constrict blood flow (thrombotic stroke), or an embolus, usually a clot, may move from another area and lodge in a narrow artery (embolic stroke). Most strokes are ischemic.



**Hemorrhagic stroke**  
■ A vessel may rupture and spill blood into the brain. About one-fourth of strokes are of this type. The rupture may occur in the brain or in the membrane covering it.



SOURCE: AMA Encyclopedia of Medicine

Copley News Service/Dan Clifford

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## HEALTHY LIVING

# Diet dilemmas: What have you got to lose?

By Allison Ashton  
Copley News Service

The Blood Type Diet, the Body Type Diet, the New Food Pyramid. These have joined the Atkins Diet and other plans with promises of weight loss and a svelte, new you. But can they deliver?

It depends. If solid research and credentials are behind the slick marketing, you'll probably find information that can help you shed those extra pounds. Seeing behind the gimmicks, however, takes a smart consumer.

"No one diet will be the answer for everybody," says Barbara Gollman, spokeswoman for the American Dietetic Association.

Still, there are ways to avoid bogus eating plans.

"If it promises quick weight loss, that's a red flag," says Ms. Gollman. Also, beware of plans that focus on a specific food, such as the Grapefruit Diet, or eliminate a food group. One example is the Atkins Diet, which advocates high amounts of protein and virtually eliminates carbohydrates (including most fruits and vegetables) during its initial stage. Fruits and vegetables are gradually reintroduced as dieters reach the maintenance stage, but "most people never get to that point," Ms. Gollman notes.

Also, scrutinize the credentials of the people behind the diet. In other words, "What makes the man an expert?" says Ms. Gollman. Do they have a solid background in nutrition and medicine?

Finally, steer clear of diets that aren't backed up by high-quality, peer-reviewed research or are based on just one study.

With that in mind, following is a look at four new diet books:

**"Different Bodies, Different Diets: Losing Weight is as Easy as Finding Your Body Type"** by Carolyn Mein, D.C.

Dr. Mein, a chiropractor and kinesiologist, touts her plan as the solution to the one-diet-fits-all myth. Readers compare their own physique to the black-and-white photos of men and women in bathing suits. Lists of distinguishing physical features, personality characteristics and weight-gain patterns are supposed to

help you zero in on your specific body type, such as liver, gallbladder or pituitary. Once you find your body type, Mein tells you what to eat, when to eat, what to avoid and recommends exercise.

Gallbladder types, for example, should eat meals high in fat and low in protein and get exercise from household chores: "Useful, productive activities, such as gardening, yard work and cleaning windows or carpets are idea," the book states.

Verdict: Gimmicky and offers dubious benefits at best.

**"Body RX: Dr. Scott Connelly's 6-Pack Prescription"** by A. Scott Connelly, M.D., and Carol Colman

The gimmick here is six meals a day, six weeks to strength, six weeks to sculpt, six weeks to burn fat, six weeks to maintain equals six months to a great body.

Sports nutritionist Dr. Connelly created MET-Rx, a popular sports supplement, so it's no surprise that he's an advocate of supplements as part of a diet. The real drawback,

however, is nutritional advice that is sometimes good and sometimes loopy.

Readers are expected to keep track of so-called green, yellow and red protein and carbohydrates — green being quality sources, yellow to be enjoyed occasionally and red to be avoided in general. Some things make sense; the red protein list includes high-fat sandwich meats and sausage but also forbids all nuts. This last part is odd, since current research supports nuts as a high-quality source of heart-healthy fat.

Dr. Connelly's exercise plan is divided into six-week cycles, which some readers may find overly complicated.

Verdict: Readers who like the idea of following a health "prescription" may benefit,

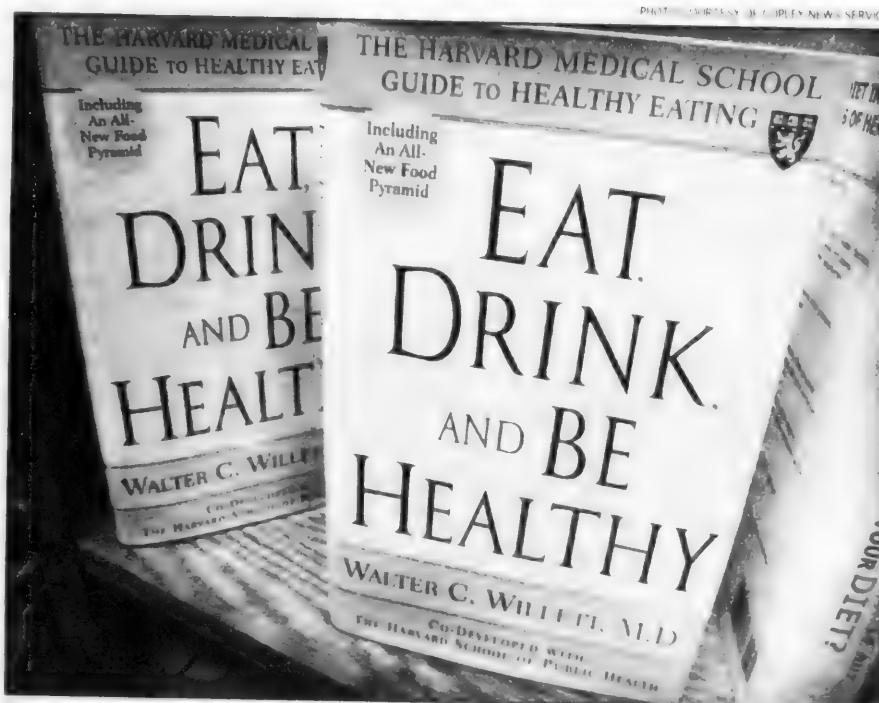
but others could find it too much to maintain for the long haul.

**"The Right Bite: Outsmart 43 Scientifically Proven Fat Triggers and Beat the Dieter's Curse"** by Stephanie Dalvit-

McPhillips, Ph.D.

Dr. Dalvit-McPhillips is a nutritional biochemist and registered dietitian whose research has been published in The American Journal of Clinical Nutrition, so she knows her stuff. Her book

Continued on page 8A



There is no one diet that will be right for everybody. Still, there are ways to avoid gimmicks and quick-loss plans that don't work. "Eat, Drink and Be Healthy" offers dieters easy-to-digest research information and lots of tempting recipes.

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## HEALTHY LIVING

## DIET DILEMMAS

Continued from page 7A

focuses on what triggers people to overeat and gain

weight, and she notes that such weight-triggers are highly individual and complicated. She synthesizes the physical and emotional triggers.

For example, stress can trigger some people to overeat to feel better, while people who indulge in high-liquid foods, such as soft drinks and ice cream, may really be dehydrated. Other fat triggers include many common prescription and over-the-counter drugs.

Verdict: Dieters looking for a quick, easy plan may be overwhelmed by all of the information in "The Right

Bite," but patient readers are likely to find some interesting revelations.

**"Eat, Drink and Be Healthy" by Walter C. Willett, M.D.**

Dr. Willett, who is chairman of the department of nutrition at Harvard Medical School, has platinum credentials. His book offers a new food pyramid, developed with the Harvard School of Public Health, along with the latest research to support his strategies. What's wrong with the old U.S. Department of Agriculture Food Pyramid?

"The Food Pyramid is tremendously flawed," says Dr. Willett. "It says all fats are bad; all complex carbohydrates are good; all protein sources offer the same nutrition; and dairy should be eaten in high amounts. None of this is accurate. For example, women have been told to drink milk to strengthen their bones and prevent osteoporosis, but long-term studies have not shown reduced risk of fractures with high dairy intake. Women can get calcium just as easily from supplements."

Dr. Willett offers other intriguing information, including the concern about glycemic load, which occurs when carbohydrates rapidly increase blood sugar levels, and why some fats are not only good but necessary in a healthy diet. "People tend to replace fat in their diets with foods high in sugar or refined carbohydrates. A lot of people think that a plain bagel with jam can be a healthy thing to eat in the morning, but actually it is one of the unhealthiest duos you can eat because it has a high glycemic load. You'd be better off with scrambled eggs cooked in corn oil or a whole-grain cereal."

Verdict: "Eat, Drink and Be Healthy" wins with easy-to-digest research information and lots of tempting recipes.

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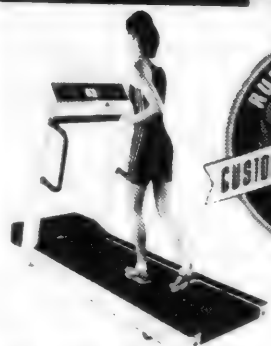


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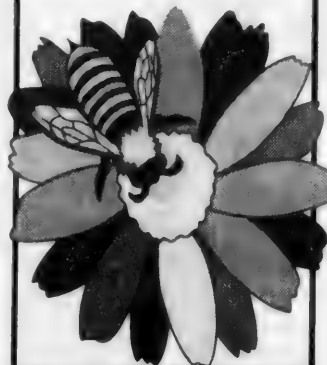
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## HEALTHY LIVING

# Playing with a purpose

(NAPSA) – Playing video games amounts to more than just fun and games for many Americans, according to a recent survey.

The survey, commissioned by the Interactive Digital Software Association, found there are some important reasons 145 million Americans – almost 60 percent of the population – enjoy video games.

Evidence suggests video games can be termed as the following.

### Socially beneficial

According to the survey, the majority of people who play video games (59 percent) do so with family and friends. The group says the findings confirm a widely held belief that interactive entertainment can help bring people together:

- 33 percent of gamers play with their siblings;
- 27 percent play with their spouse;
- 25 percent play with their parents; and
- 43 percent play with other family members.

### Educational tools

The IDSA says increased demand for problem-solving and role-playing games represent a consumer shift from action-based games (popular in the past) to more thought-provoking ones – a belief supported by Celia Pierce of The USC Annenberg Center for Communication.

Ms. Pierce says, "Today's best-selling games are about discovery and experimentation."

In some games, players must decipher the secret language, where at first glance, the language looks almost like hieroglyphics, but upon closer inspection, are actually English words that need to be read correctly to unlock mysteries.

Tools in schools  
At a recent Massachusetts Institute of Technology conference, education expert Bonnie Bracey referred to video games as powerful learning tools. "The striking worlds created by game developers offer exciting potential to teach," she says.

### Tools in schools

Experts speculate that future video games will let students take virtual field trips to geographically diverse environments and even witness historical events "first-hand."

Skill builders  
A study found that video games can help teach children important social skills.

The IDSA reports that games are often used to help victims of post traumatic stress syndrome cope with difficult past emotional experiences.

Other studies have documented cases in which video games have helped improve eye-hand coordination, cognitive and cooperative play skills.

In some games, players need to maneuver characters on screen and make real-time decisions. In addition, the game can be made more complex by linking different users to the same game, allowing for group play – and a greater mental challenge.



A study found that video games can help teach children important social skills.

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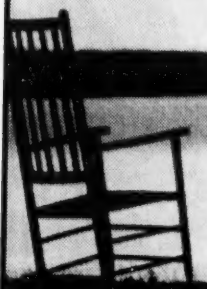
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## HEALTHY LIVING

# Researchers out to prove healing power of laughter

By Dawn Klingensmith  
Copley News Service

Ever since an automobile accident left Dinesh Doshi paralyzed from head to toe on his right side, he has dealt with his condition the best way he can. He laughs.

"It relaxes me," says the Naperville, Ill., resident, who received treatment at Marianjoy Rehabilitation Hospital and Clinics in Wheaton and continues his exercise therapy at the Wheaton Park District.

When author Norman Cousins

argued in his 1976 article "Anatomy of an Illness" – later published as a book – that the comedic Marx Brothers did more than any pill to alleviate the pain associated with his spinal disease, scientists began searching in earnest for empirical evidence to support the axiom, "Laughter is the best medicine."

What they've found is no laughing matter, says Barbara Moran, a psychiatric nurse with Good Samaritan Hospital's Midwest Institute for Geropsychiatric Services.

"We already know what stress does to the body," she says, citing heart disease, stroke and hypertension. "Now, we're beginning to understand what humor does to the body. We would do well to take laughter more seriously."

For more than 20 years, William F. Fry Jr., a Stanford University professor of psychology, has been researching the positive physiological effects of laughter. A good, hearty laugh increases our heart rates, dilates our cardiovascular systems and increases production of endorphins, a natural pain killer thought to stimulate the immune system.

Laughing causes our abdominal muscles and diaphragm to convulse, giving our internal organs a stimulating "massage." At the same time, our eyes begin to water, and studies have shown that stress hormones exit the body through tears.

Owing, perhaps, to these physiological responses, a bout of full-

body laughter often diminishes our perception of pain, says Ms. Moran, whose lecture on humor and aging is one of her most widely requested.

Just as Mr. Cousins didn't rely on pills to manage his pain, a group of 10 or so participants in the Wheaton Park District's new Laughing Club don't rely on jokes to reap the benefits of laughter. Thrice weekly in the Community Center's Parks Plus area, the Laughing Club gathers for 15 minutes of belly-rippling giggles and guffaws. The concept was introduced to fitness manager Mike Andrews by Mr. Doshi, who brought it from India, where laughing clubs are all the rage.

Mr. Andrews leads the group through a series of simulated laughs, such as hearty laughter, silent laughter, dancing laughter, cocktail laughter and chicken laughter. Although the laughter is initially simulated, it doesn't take long for the whole group to bust out in genuine hysterics.

"There isn't any sense to it at all, but everybody's doing the same thing and it just makes you feel good," says Joe Bricker of Wheaton.

"It's contagious," adds Winnie Dawson, owner of MedSearch health-coaching services in Wheaton. She plans to use the concept in her corporate stress-management seminars.

"Humor is contagious – it's infectious, yet it's also good for your health," Ms. Moran says.

"How many things can you say that about?"

## Hard times and humor

"A sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected and smile through the unbearable."

– Moshe Waldoks

"Since I came to the White House, I got two hearing aids, a colon operation, skin cancer, a prostate operation, and I was shot. The damn thing is I've never felt better in my life."

– Former President Ronald Reagan

"You can turn painful situations through laughter. If you can find the humor in anything – even poverty – you can survive it."

– Bill Cosby

"A person without a sense of humor is like a wagon without springs – jolted by every pebble in the road."

– Henry Ward Beecher

"At my age it's nice to have birthday parties. All my friends can stand around the cake and keep warm."

– George Burns

"There are two things that everyone must face sooner or later: a camera and reality. A smile is a big help in both instances."

– Anonymous

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## HEALTHY LIVING

# Beating stress will help you sleep well every night

By Pat Stein  
Copley News Service

Prior to the events of Sept. 11, more than 65 million Americans annually complained of having trouble sleeping, according to an American Sleep Disorders Association report.

Many sleep experts estimate that the number may well have doubled, due to the rising tide of anxiety in the wake of the attack on America. Difficulty sleeping increases during periods of high anxiety and stress, according to a study by the Heart, Lung & Blood Institute in Bethesda, Md.

"Anxiety and anger are the leading reasons people have trouble falling asleep," says sleep expert Dr. Joyce A. Walsleben, director of the Sleep Disorders Center for New York University School of Medicine.

In a recent survey, 36.9 percent of men and 41.1 percent of women cited anxiety or anger as the No. 1 reason they have difficulty falling asleep.

Sleep deprivation can severely affect your ability to perform important activities such as driving. It can also impair concentration, cause irritability, fatigue and lack of energy, according to Dr. Walsleben, so getting a good night's sleep isn't merely a comfort issue.

In her book, "A Woman's Guide to Sleep: Guaranteed Solutions for a Good Night's Rest," Dr. Walsleben offers a formula for getting a good

night's sleep. It includes keeping a regular wake and bedtime, ritualizing cues for sleep, finding ways to relax and resisting behaviors that interfere with sleep.

Regularizing sleep-wake patterns calls for getting up at the same time daily and avoiding naps, unless they are a regular part of your daily schedule. Try to sleep the same amount each night.

Many people who don't get enough sleep during the week try to make up for it by sleeping in on weekends, but Dr. Walsleben says this really isn't a good idea, because trying to catch up by sleeping in may disrupt normal sleep rhythm enough to make falling asleep at a reasonable hour on Sunday night impossible.

"Then you actually start your week in the hole," Dr. Walsleben says.

Instead, she recommends adding 15 minutes a night to your sleep schedule until you arrive at the amount of sleep you really need.

Research indicates that most people need about eight hours of sleep. But, Dr. Walsleben says, "People's sleep need is very individual." To determine if you're getting enough sleep, she suggests seeing if you can stay awake during boring situations in the afternoon. (Some 17 percent of Americans admit to falling asleep at work and for men in the 18 to 34 age bracket, the rate of sleeping on the job rises to 31 percent.)

"If you're alert and fine, you can assume you're getting enough good

quality sleep. If not, try adding sleep time and see if your daytime sleepiness decreases," Dr. Walsleben advises.

Ritualizing cues for good sleep calls for keeping the bedroom quiet, dark, cool and safe for sleeping. And, always think comfort - comfortable mattress, pillows, blankets and sleep wear.

"Use the bedroom only for sleep and sex," Dr. Walsleben advises. "And, go to bed only when you're sleepy."

Avoid sleep-busting behaviors such as eating heavy meals before bed or exercising strenuously within three hours of bedtime. Sleep experts also advise avoiding caffeine, alcohol and tobacco.

Relaxing is a key to getting a good night's sleep, but relaxation may prove elusive in times of stress and anxiety. Dr. Walsleben recommends learning relaxation techniques such as biofeedback and yoga. Meditation works for some and aroma therapy works for others.

"If it works for you, why not?" Dr. Walsleben says.

A recent survey indicated that 13.3 percent of women turn to prayer when they're unable to sleep. The survey suggests that they pray for silence - or at least patience - since 45 percent of women complain that their partners' snoring keeps them awake.

Knowing what's "normal" when it comes to sleep can also help ease anxiety about getting a good night's

sleep. For example, many people worry about waking up in the middle of the night and are so afraid they won't be able to go back to sleep that, sure enough, they stay awake.

But research indicates that waking during the night is normal.

"People wake up far more than they realize. On average a person will wake up between 10 and 12 times an hour for two or three seconds at a time and another four or five times a night for 15 seconds or longer," Dr. Walsleben reports.

Those fleeting two and three second periods of wakefulness are unlikely to keep you staring at the ceiling for the rest of the night, but should you find yourself seemingly wide awake in the middle of the night, Dr. Walsleben says worrying

about it just makes it worse.

"Tell yourself you are normal, roll over, mentally bring yourself to a pleasant place and allow yourself to fall back to sleep. Your brain just wants to know all is OK," she says, adding that it's best to avoid getting out of bed, looking at clocks, turning on the light or doing anything else that might wake you up more.

Many people worry because they don't fall asleep as soon as their head hits the pillow, but research indicates that it's normal to lie awake for a few minutes. Studies show that 70 percent of Americans fall asleep within 20 minutes, while 16 percent doze off in 21 to 60 minutes. An unlucky 12 percent stare at the ceiling for more than an hour waiting for sleep to come.

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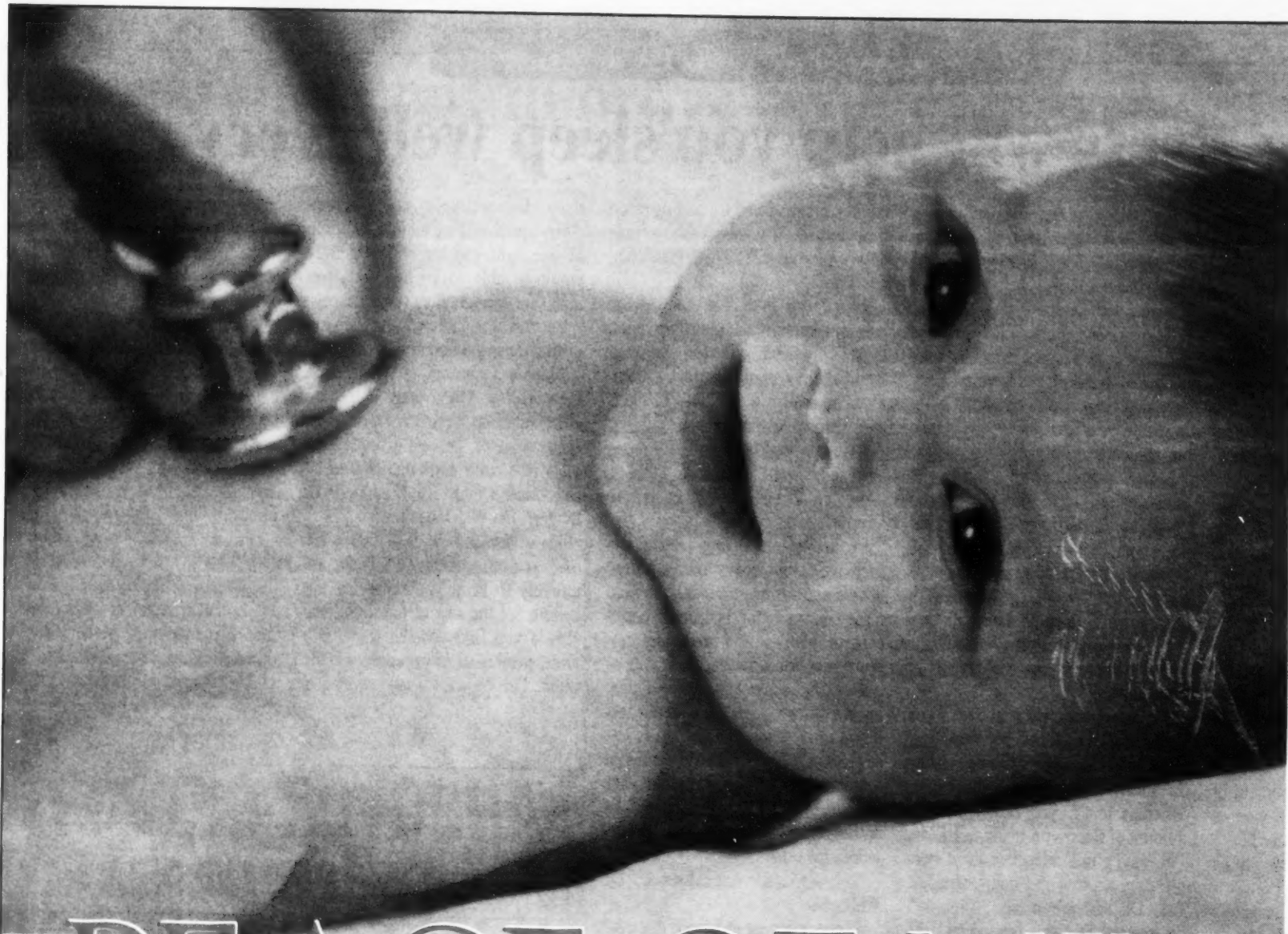


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